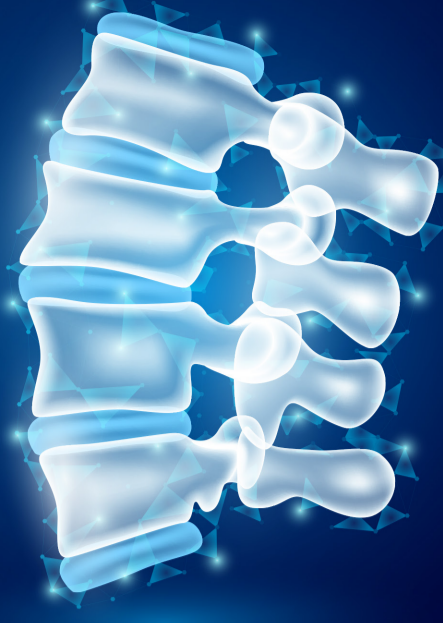


Back Pain in Different Age Groups



Back pain is a common issue, being the #1 cause of disability worldwide¹ and affecting 80%² of people at some point in their lives.

Age Groups and Common Causes of Back Pain

Children & Adolescents (0-18)

14-24% of kids and teens report back pain.³

Causes

Growth Spurt: Muscle imbalances.
Heavy Backpacks: Strain from improper use.
Sports Injuries: Common in active youth.

Solutions

Proper Backpack Use: Lighten load, use both straps.
Stretching: Regular, simple routines.
Early Check-ups: Seek help if pain persists.

Young Adults (19-35)

Leading cause of work limits for under 45.⁴

Causes

Sedentary Lifestyles: Desk jobs and inactivity.
Improper Lifting: Lack of technique.
Overexertion: In sports or exercise.

Solutions

Ergonomics: Optimize workstations.
Exercise: Focus on core strength.
Lift Correctly: Learn proper techniques.

Middle-Aged Adults (36-55)

40% over age 40 have at least one degenerated vertebral disc.⁵

Causes

Disc Degeneration: Age-related wear.
Obesity: Extra weight strains spine.
Work Hazards: Heavy lifting, sitting/standing long hours.

Solutions

Weight Control: Balanced diet and exercise.
Low-Impact Exercise: Swimming, walking.
Workplace Adjustments: Improve ergonomics.

Older Adults (56+)

30% of 65+ have chronic back pain.⁶

Causes

Osteoporosis: Bone weakening.
Arthritis: Joint stiffness.
Spinal Stenosis: Nerve pressure from narrowing spine.

Solutions

Bone Health: Calcium, vitamin D.
Gentle Exercise: Yoga, tai chi.
Pain Management: Consult professionals.

Prevention Tips



Maintain a healthy weight to reduce spinal stress.



Stay active regularly tailored to age and ability.



Maintain proper posture throughout life.



Quit smoking to avoid reducing blood flow to the spine.

When to See a Doctor



Warning Signs

Persistent pain, numbness, or weakness.



Seek Care

From specialists if needed.



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Spine Surgery

Resources

- <https://www.who.int/news-room/fact-sheets/detail/low-back-pain>
- <https://www.ncbi.nlm.nih.gov/books/NBK586768/>
- [https://www.jpain.org/article/S1526-5900\(21\)00294-7/fulltext](https://www.jpain.org/article/S1526-5900(21)00294-7/fulltext)
- <https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2021.761765/full#B3>
- <https://spinecenterla.com/how-common-is-degenerative-disc-disease/>
- <https://www.statista.com/statistics/1189525/chronic-pain-adults-prevalence-by-age-us/>