

SUMMARY

**See
a Doctor Soon**

RELATED SYMPTOMS

1 Nerve Related Symptom

No Other Related Symptoms

RISK FACTORS

No Lifestyle Risk Factors

You've indicated you have spine pain along with at least one symptom that indicates nerve or spinal damage.

Tell a doctor about your symptoms as soon as you can.

- You reported moderate pain in your upper or mid back. Based on your answers, you currently have moderate spine impairment.
- You did not report any of the common symptoms of spine pain that indicate a spinal fracture, tumor, or infection.
- You didn't report any lifestyle risk factors that may impact your spine pain. Talk to a doctor about ways to keep your risk factors for spine pain low.

The table to the right shows your answers to how spine pain impacts different areas of your life. This short list is here to help you think of some ways spine pain affects your daily activities.

Only you can say how spine pain impacts your life. Share this information with your doctor. Make sure to discuss any other ways your spine pain interferes with the things you need or want to do.

Note: Take this profiler again to assess another part of your spine.

Areas of Life Affected By Spine Pain	Impairment
Family/Home Responsibilities	<i>Mild Impairment</i>
Life Support Activities	<i>Mild Impairment</i>
Recreation	<i>Mild Impairment</i>
Social Activities	<i>Moderate Impairment</i>
Occupation	<i>Moderate Impairment</i>
Sexual Behavior	<i>Moderate Impairment</i>
Self Care	<i>Moderate Impairment</i>
Your Overall Spine Impairment:	Moderate Impairment

8 out of every 10 people experience serious neck or back pain.

Spine pain is the #2 reason Americans go to the doctor. Although most cases of spine pain go away in 4 to 6 weeks, some symptoms might require that you see a doctor.

Related Spine Pain Symptoms

Symptoms of Possible Spinal Nerve Damage

These include:

- Weakness
- Numbness and tingling
- Loss of bladder or bowel function
- Pain at night
- Severe pain at any time
- Mild pain that lasts longer than a month

If you have any of these symptoms, you should see your doctor.

Other Symptoms (Non-Nerve Damage)

Warning signs include:

- Fever
- Burning with urination
- Unintentional weight loss
- A history of cancer

These symptoms may indicate fractures, tumors, or infections of the spine.

If you have any of these symptoms along with back pain, see your doctor as soon as possible.

Call 911 or go to the ER:

- If you have a fever and headache, and you cannot touch your chin to your chest. This may be meningitis and is an emergency.
- With neck or back pain and discomfort or pressure in your chest.
- If you have back pain with sudden loss of control over urine or stool.

If you have any of these symptoms, seek medical attention immediately.

RELATED SYMPTOMS

1 Nerve Related Symptom

No Other Related Symptoms

Nerve Related Symptoms You Reported

Difficulty walking, clumsiness, or weakness

*Seek medical attention
ASAP*

Other Related Symptoms You Reported

No symptoms reported

Widely-Accepted Research.

The assessment used in this Back & Neck Pain Profiler is based on the Pain Disability Index (PDI),¹ which asks people to rate how much pain interferes with their daily functioning in seven main areas: family/home responsibilities, recreation, social activities, occupation, sexual behavior, self-care, and life-support activities.

Pollard, CA. Preliminary validity study of Pain Disability Index. *Percept Mot Skills*. 1984; 59: 974.

Spine Pain Lifestyle Factors

People who are overweight or obese are more likely than others to have weaker disks in their spine. This puts them at higher risk for chronic spine pain.

WEIGHT

Current

180 lbs.
Low Risk

Recommended Goal

189 lbs. or less
Low Risk

For your height, 180 pounds is considered a healthy weight.

Smoking may not cause spine pain, but it increases your risk of developing back pain. It may also make your chances of sciatica (leg pain that starts in the lower back) higher. Smoking increases the risk of osteoporosis, a condition that causes weak bones. Osteoporosis can lead to painful fractures of the vertebrae.

SMOKING

Current

Never smoked
Low Risk

Recommended Goal

Non-smoker (1 year or more)
Low Risk

Spine pain is more common for people who are not physically fit. This is because weak back and stomach muscles can't support the spine as well. However, exercise isn't typically advisable for acute spine pain. Doing low-intensity exercises may help ease spine pain. It can also reduce the risk of future pain by making back and stomach muscles stronger.

WEEKLY PHYSICAL ACTIVITY

Current

Equal to 150 min. (moderate)*
Low Risk

Recommended Goal

150 min. or more moderate*
Low Risk

Check with your doctor or physical therapist before performing any exercise.

*90 moderate + 30 vigorous = 150 min. moderate
(each minute of vigorous exercise equals two minutes of moderate)

**The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

THE INFORMATION CONTAINED IN THE RISK ASSESSMENT IS FOR YOUR PERSONAL USE ONLY. THIS RISK ASSESSMENT WILL NOT PROVIDE YOU WITH A MEDICAL SERVICE; IT WILL NOT DIAGNOSE, CURE, MITIGATE, TREAT, OR PREVENT DISEASE OR OTHER CONDITIONS; AND IT IS NOT INTENDED TO PROVIDE A DETERMINATION OR ASSESSMENT OF YOUR STATE OF HEALTH. ALWAYS CONSULT A LICENSED HEALTH CARE PROFESSIONAL SUCH AS YOUR FAMILY PHYSICIAN OR A SPECIALIST TO MAKE HEALTH CARE DECISIONS OR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM. WE MAKE NO WARRANTIES, EXPRESSED OR IMPLIED, IN CONNECTION WITH THE RISK ASSESSMENT OR THE PERFORMANCE OF THE RISK ASSESSMENT, AND NEITHER THE ASSESSMENT PROVIDER, NOR MEDICOM HEALTH INTERACTIVE, WILL BE HELD RESPONSIBLE OR LIABLE FOR ANY COSTS OR DAMAGES RELATED TO USE OF THE RISK ASSESSMENT OR ANY INFORMATION PROVIDED THEREFROM.

Name: _____

9-30-2020

PAGE 4 OF 4
