

# Understanding Back Pain

## Can Back Pain Get Better?

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Back pain represents one of the most common disorders of the spine. Most episodes occur without neurological complications. The tissues of the spine have the capacity to repair and recover. Some tissues are more limited in their capacity to repair than others due to their structure and blood supply. The tissues of the spine will repair and remodel strongly influenced by the stresses placed upon them during the recovery period.

The longer pain is present the more likely an individual is to develop chronic pain, a condition associated with both structural and body chemical changes which take place along the pain pathways within the spinal cord and brain. It is important that individual who is experiencing back pain understand that it is possible for the pain and underlying condition to improve. Shortening the recovery time from back pain is important to reduce the risk for acquiring a chronic pain syndrome. One of the most important criteria for successful outcome with back pain is the timing of the diagnosis and the therapeutic intervention.