

Pain

Pain refers to an unpleasant sensation associated with actual or potential tissue damage. There are many disorders which can result in pain including the presence of inflammation, over stimulation of specialized nerve endings, and/or direct nerve fiber compromise. Changes in bodily tissues which lead to the subjective perception of pain are carried by specific nerve fibers to the brain where the conscious appreciation of pain is influenced by many other factors. Common causes of spine pain include inflammation, ischemia (lack of blood flow), muscle spasm, nerve compression, disc herniation, and physical strain or displacement of pain sensitive tissues. Abnormal spinal segment movement may be associated with pain secondary to strain on supportive pain sensitive tissues.