

Back pain has a variety of causes, including poor posture and poor body mechanics. For example, standing for long periods of time or sitting incorrectly can cause back pain. Engaging in certain sports often carries a risk of back injury.

Low back pain is often associated with heavy physical work, lifting or forceful movement, bending or twisting, or awkward positions.

You may even have a back injury and not know it until a stressful movement aggravates the condition.

U n c o m m o n — b u t serious—causes of back pain include infections, tumors, and fractures.

Don't ignore back pain, see a medical professional if your pain persists.

Dr. Richard Dinsmore has over twenty years of experience evaluating and treating chronic and acute back pain, as well as workplace and auto injuries. A frequent expert witness in medical-legal cases Dr. Dinsmore works with some of San Diego's leading Attorneys.

Our clinics provide in-house radiology, chiropractic, and massage and we can provide referrals to the area's top medical doctors when needed.

**Richard Dinsmore, O.M.D.**

*Board Certified Acupuncturist*

Serving South Bay  
Since 1986

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272 Church Ave #1  
Chula Vista  
619.420.7858

Eastlake  
2452 Fenton St #206  
619.426.2225

[www.acupuncturechulavista.com](http://www.acupuncturechulavista.com)

## **The Causes Of Back Pain**



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Here are some common causes of back pain:

**Sprain or Strain:** A sudden fall, car crash, sports injury or even just lifting something too heavy, can cause a sprain or strain. When a back injury occurs, muscles, ligaments, and tendons can become over-stretched, overused, or torn. Tissues can swell, causing pain, tenderness, and stiffness.

**Obesity:** Your spine carries a large portion of your weight. Being overweight puts pressure and stress on the back, especially the low back. Carrying excess weight aggravates other health conditions such as osteoporosis (weak bones), osteoarthritis (joint pain), rheumatoid arthritis (an autoimmune disease).



**Aging:** Ligaments thicken and discs dry out with age. These age-related changes in the spine may lead to disorders that create pressure on your spinal nerves—meaning that you'll have symptoms like pain, numbness, or weakness. Degenerative disc disease is an example of an age-related spinal disorder. Over time, your discs can lose their normal structure and function. That is just wear and tear, but it can result in a herniated disc (bulging out) and pain. Sometimes when there's a tear, chemicals are released, and they can irritate the spinal nerves, causing a specific type of nerve pain (radiculopathy).

## Warning Signs You Need Help

- Your pain is getting significantly worse
- Pain is affecting everyday activities
- Severe symptoms
- Groin or leg weakness or numbness
- Arm or hand weakness, tingling, or numbness
- Loss of bowel or bladder control

## What Can You Do?

Many patients with chronic back pain have found relief with safe, painless, drug-free acupuncture treatment as an alternative to surgery, even after everything else has failed!

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