



Date: 09-18-2023

Your Result

See a Doctor Soon

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 fairly severe pain in your lower 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 reported 1 lifestyle risk factor(s) that may impact your spine pain. Talk to a doctor about managing these risk factors for better spinal health.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Overall Impairment

Moderate 

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

The table 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.

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.

Nerve Related Symptoms

1 Symptom 

Nerve Related Symptoms

1 Nerve Related Symptom

Nerve Related Symptoms You Reported

Severe pain that does not allow me to get comfortable *Seek medical attention ASAP*

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.

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.

Other Related Symptoms

No Symptoms ^

Other Related Symptoms

**No Other Related
Symptoms**

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.

Exercise

Moderate Risk 

Weekly Exercise

Current

Equal to 75 min. (moderate)*

Moderate Risk

Recommended Goal

150 min. or more (moderate)**

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.

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

*60 moderate + 60 vigorous = 180 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.

Tobacco Use

Low Risk 

Tobacco Use

Current

Never used tobacco

Low Risk

Recommended Goal

Tobacco-free at least 1 year

Low Risk

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.

Weight

Low Risk **Weight**

Current

145 lbs.

Low Risk

Recommended Goal

149 lbs. or less

Low Risk

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.

Take Your Next Steps

You are eligible for an orthopedic consultation.

[Take Next Steps](#)

Take the time to review these results with a physician.

Discuss the many options available to you that can add years to your life. If you do not have a primary care provider, click here to find one that matches your needs. You may also call our Care 24/7 service at 888-888-8888 to talk to one of our referral specialists.

Our Orthopedic Services

To learn more about orthopedic care at National Health, visit nationalhealth.org. We provide a comprehensive array of services to help our community maintain and improve their health.

Thank you for participating in the SpineAware Risk Assessment.

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 HEALTHAWARE, WILL BE HELD RESPONSIBLE OR LIABLE FOR ANY COSTS OR DAMAGES RELATED TO USE OF THE RISK ASSESSMENT OR ANY INFORMATION PROVIDED THEREFROM.

Copyright 2023 - HealthAware, LLC