
English Summary

SYSTEMATIC APPROACH TO BACK PAIN

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Back pain is one of the most frequent symptoms in medical consultation. It is not a disease entity, since back pain can be originated from many different medical conditions.

This article emphasises systematic clinical approach that is problem-oriented in order to be able to devise an effective and efficient management to patient with back pain.

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MANAGEMENT OF ANKYLOSING SPONDYLITIS

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Ankylosing spondylitis is a chronic inflammatory disease with unknown etiology; affecting mainly axial skeletal structure. This disease has skeletal as well as extraskeletal symptoms.

The skeletal symptoms consist of spine pain/stiffness, chest pain, knee and shoulder pain; and extraskeletal manifestations may include cardiac, pulmonary, renal and nervous system symptoms.

Diagnosis is made according to clinical manifestations and radiological findings which is consistent with New York Criteria (1984).

Difficulties in diagnosis may be encountered if there is no sacroiliitis in radiological examination, in isolated chest pain, and if the patient is either too young or too old. Management include regular exercises, drug therapy and correctional surgery.

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Art may make a suit of clothes, but nature must produce a man
(Hume)