



Date: 08-13-2024

Your Result

Severe Spine Impairment

You reported fairly severe pain in your lower back.

Based on your answers, you currently have severe spine impairment.

- You did not report any of the common symptoms that may indicate spinal nerve damage.
- You did not report any of the common symptoms of spine pain that indicate a spinal fracture, tumor, or infection.
- You reported 3 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

Severe 

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

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

No Symptoms ✓

Nerve Related Symptoms

No Nerve Related Symptoms

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 0 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

High Risk 

Tobacco Use

Current

Current User of Tobacco
High 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

High Risk 

Weight

Current

280 lbs.
High Risk

Recommended Goal

183 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

Take the first step towards relieving your severe spine impairment. Schedule a consultation with an orthopedic surgeon.

[Schedule Consultation](#)

Excess weight can strain your spine. Our weight management programs can help reduce this strain and improve your overall health.

[Learn More About Weight Loss](#)

Our Back and Neck Services provide specialized care for spinal conditions, including chronic pain, injuries, and degenerative diseases. Our team of experienced spine specialists and rehabilitation professionals is dedicated to delivering personalized treatment plans to help you achieve optimal spine health.

For appointments and inquiries, please call us at (123) 456-7894. You can reach our Back and Neck Services team at backandneck@demohospital.com.

Visit our website for more information and to schedule an appointment online: [Schedule Appointment](#).

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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

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