Back & Neck



Back & Neck HRA

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.

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.

No Symptoms 🗸

Other Related Symptoms

No Other Related Symptoms

Other Symptoms (Non-Nerve Damage)

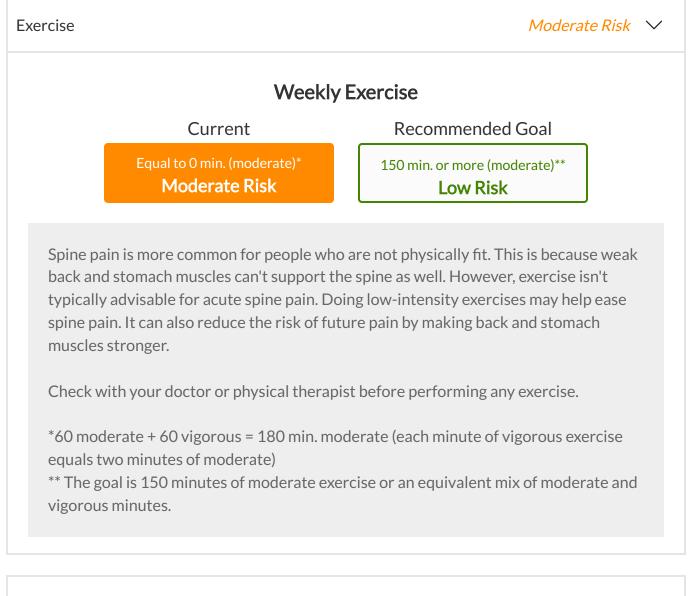
Warning signs include:

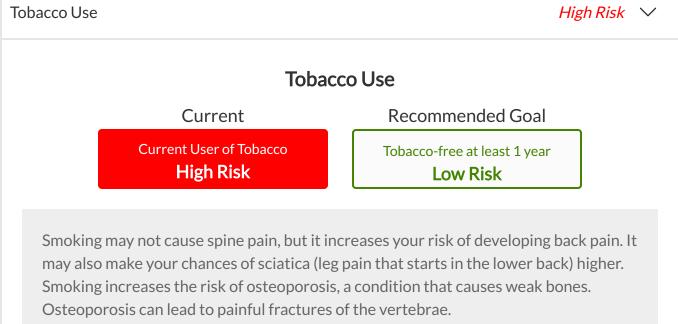
- Fever
- Burning with urination
- Unintentional weight loss
- A history of cancer

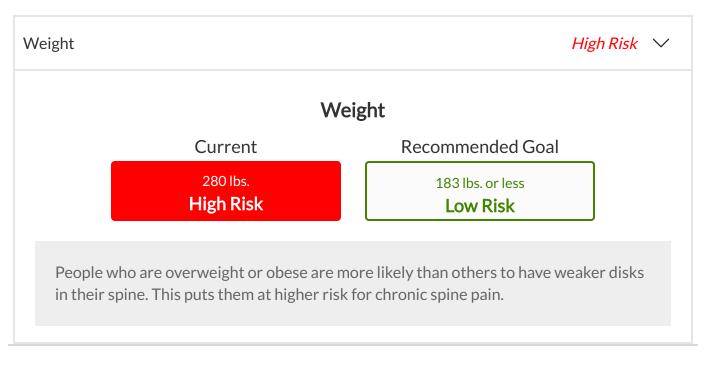
These symptoms may indicate fractures, tumors, or infections of the spine. If you have any of these symptoms along with back pain, see your doctor as soon as possible. **Call 911 or go to the ER:**

- 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.







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: <u>Schedule</u> <u>Appointment</u>.

Unlock Demo Hospital, 209 10th Ave South Ste 530, Nashville, TN 37203.

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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