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Recognizing Pain Awareness Month This September- Your Back Pain Is Treatable

Clearwater, FL – September 15, 2020 – The month of September has been marked as Pain Awareness Month—where organizations throughout the nation raise public awareness surrounding the causes and management of pain. Chronic pain affects one-third of the U.S. population, with back pain topping the list. Most people experience back pain at least once in their life and it can develop at any age. There are two classifications associated with back pain: acute and chronic. Both are caused by multiple factors such as age, vigorous or lack of exercise, posture, medical conditions, weight gain, smoking, psychological and job-related factors.

While acute back pain typically resolves within a few days from rest, chronic pain could last months, or even years, and usually requires treatment from physicians. Medication-free treatments are often suggested first by physicians such as therapy or lifestyle changes. If a patient's MRI image confirms extended damage, then injection treatments may be suggested to reduce pain and identify its source. When all other treatments have been exhausted, a physician may suggest minimally invasive surgery; a process that usually results in quicker healing due to smaller incisions.

Orthopaedic Associates of West Florida's (OAWF) Dr. J. Byron Davidson is a board certified and fellowship trained Orthopedic Spine Surgeon. He specializes in minimally invasive surgery and understands the importance of getting his patients back to their best quality of life possible. "A better quality of life begins with the highest level of care," he explains. "I am dedicated to providing exceptional results for my patients by using the most minimally invasive methods possible."

Pain is a warning sign from your body that something is wrong. If you experience back pain, don't delay in seeing a physician. The sooner your symptoms are evaluated, the sooner you can get back feeling your best! To schedule an appointment with Dr. Davidson, please call the OAWF office at (727) 461-6026 to get you feeling better-fast!

About Dr. J. Byron Davidson: J. Byron Davidson, D.O. specializes in evaluating and treating conditions of the cervical, thoracic and lumbar spine. He is a graduate of The University of North Texas Health Science Center at Fort Worth and completed an internship and Orthopaedic Residency at Ohio University. Dr. Davidson also completed a reconstructive spine fellowship at The Florida Spine Institute.

About Orthopaedic Associates of West Florida: With over three decades of established group experience, Orthopaedic Associates of West Florida and their Board-Certified physicians specialize in every area of adolescent and adult Orthopaedic services. OAWF merges state-of-the-art technology, unsurpassed physician skills, and a patient friendly atmosphere to provide a superior experience for all patients.

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