Relief for millions as back pain is CURED by a single injection | Health...

A SINGLE jab could banish back pain for good, say scientists.

The injection of bone marrow into the spine offers hope to millions left in daily agony.

And the breakthrough could also boost the economy by saving more than £12billion a year lost by patients

Four out of five people in Britain will suffer debilitating back pain at some point in their lives and an estimate...
Possible treatments include painkillers, muscle relaxants, steroid injections, physiotherapy, surgery or simple control symptoms.

Now an experimental study has suggested that bone marrow grafts into the spine could hold out hope of a treatment for back pain. Dr Donald Meyer, of the Interventional Pain Center in Missouri, said: “Our results are encouraging.

“Currently, when conservative treatment measures fail, therapeutic options are limited for individuals with back pain. We have been forced to resort to disc surgery or spinal fusion with mediocre results. Our goal is to help develop a safe, natural method to treat disc pain.”

Arthritis Research UK said the study looked promising. “Low back pain, associated with intervertebral disc disorder costing the UK economy over £12billion a year,” said a spokeswoman. “Although many types of current treatments for low back pain remain inadequate, with patients continuing to suffer pain and immobilisation, this study shows that this type of novel treatment using bone marrow grafts may be effective in certain patients.”

Injecting bone marrow into the spine offers hope to millions left in daily agony with back pain.

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The US researchers found that the type of bio-cellular grafts increasingly used by surgeons to repair damage from back pain. Some though not all patients reported complete relief, the annual meeting of the American Academy of Orthopaedic Surgeons. The procedure involved injecting a concentrated form of bone marrow liquid into lumbar discs.

These are small cushions of tissue between the bones in the spine that work like shock absorbers. They are placed, pressing on nerves.

Back pain accounts for at least 4.9 million sick days a year and treatment is estimated to cost the NHS £1.5 billion.