

# Specialists Explain Why Some Back Pain Cases Should Not Be Delayed

*Growing awareness of chronic back pain and nerve compression symptoms may help prevent permanent neurological damage through earlier diagnosis and treatment.*

GUNTUR, ANDHRA PRADESH, INDIA, July 8, 2026 /EINPresswire.com/ -- Specialists Explain Why Some Back Pain Cases Should Not Be Delayed

Growing awareness of chronic back pain and nerve compression symptoms may help prevent permanent neurological damage through earlier diagnosis and individualized treatment.

GUNTUR, Andhra Pradesh, India — [Low back pain](#) remains one of the leading

causes of disability worldwide, affecting people across all age groups and occupations. While most episodes improve with conservative treatment, spine specialists caution that persistent back pain accompanied by neurological symptoms may indicate serious lumbar spine disorders requiring timely medical evaluation. Recognizing these warning signs early can help prevent permanent nerve injury, preserve mobility, and improve long-term quality of life.

Healthcare professionals note that many patients continue to self-medicate or attribute persistent symptoms to aging, physically demanding work, or prolonged sitting. However, delaying evaluation when neurological symptoms develop may allow progressive nerve compression and spinal degeneration to worsen, potentially limiting treatment options and affecting recovery.

According to specialists at Dr. Rao's Hospital – International Institute of Neurosciences (IIN), Guntur, increasing public awareness of "red flag" symptoms is essential as modern diagnostic



**DON'T IGNORE THE SIGNS**  
**CHRONIC BACK PAIN**  
COULD SIGNAL SERIOUS SPINE PROBLEMS

Early diagnosis can prevent nerve damage, relieve pain, and restore your quality of life.

- LUMBAR SPINE DISORDERS** can affect nerves and mobility.
- NERVE COMPRESSION SYMPTOMS** should never be ignored.
- EXPERT EVALUATION & TIMELY TREATMENT** improve outcomes and protect your nerve health.
- ADVANCED SPINE CARE** minimally invasive options for faster recovery.

**WARNING SIGNS**

- Pain radiating to legs
- Numbness or tingling
- Leg weakness or foot drop
- Bladder or bowel changes (seek immediate care)
- Pain lasting > 12 weeks

**EARLY DIAGNOSIS. EXPERT CARE. BETTER OUTCOMES.**  
Your spine. Your strength. Our priority.

**CONSULT OUR SPINE SPECIALISTS TODAY**  
For the right diagnosis and personalized treatment.

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+91 90100 56444  
www.dr.raoshospitals.com  
Guntur, Andhra Pradesh, India

Persistent back pain accompanied by leg weakness, numbness, or sciatica may indicate lumbar spine disorders or nerve compression. Early diagnosis and individualized treatment can help preserve neurological function and improve long-term outcomes.

imaging, minimally invasive surgical techniques, and multidisciplinary spine care continue to improve outcomes for appropriately selected patients.

"Back pain should never be evaluated by pain intensity alone," said Dr. Mohana Rao Patibandla, Founder and Chief Neurosurgeon at Dr. Rao's Hospital. "A patient with relatively mild pain may already have significant nerve compression, while someone with severe muscular pain may not require surgery. The goal is accurate diagnosis at the right time. Early evaluation allows us to protect neurological function, relieve nerve compression when necessary, and help patients return to active, independent lives."

### Chronic Back Pain May Signal More Than Muscle Strain

Although muscle and ligament injuries account for many cases of acute back pain, symptoms lasting longer than 12 weeks or recurring frequently may reflect underlying structural problems affecting the lumbar spine.



Back pain isn't judged by pain alone. Even mild pain can signal serious nerve compression. Early diagnosis helps preserve nerve function, guide treatment, and improve recovery and quality of life."

*Dr. Mohana Rao Patibandla,  
Neurosurgeon & Founder, Dr.  
Rao's Hospital*

Spinal infections  
Traumatic spinal injuries

Dr. Mohana Rao Patibandla explains the warning signs of chronic back pain, symptoms of nerve compression, and modern spine surgery options. Early diagnosis and personalized treatment at Dr. Rao's Hospital – International Institute of Neurosciences (IIN) c

These conditions can compress spinal nerves, reduce spinal stability, and interfere with normal movement, sensation, and muscle function.

### Warning Signs That Require Prompt Medical Evaluation

Specialists recommend timely assessment if back pain is associated with:

- Pain radiating into one or both legs (sciatica)
- Persistent numbness or tingling in the legs or feet
- Progressive weakness in the lower limbs
- Difficulty walking or maintaining balance
- Foot drop
- Reduced walking endurance
- Loss of sensation in the saddle region
- Changes in bladder or bowel control requiring emergency medical attention
- Severe pain that does not improve despite appropriate conservative treatment
- Back pain associated with fever, unexplained weight loss, or a history of cancer



The advanced biplane cath lab at Dr. Rao's Hospital, designed for precision neurovascular procedures and minimally invasive surgeries, first in Andhra Pradesh and Telangana in India.



The high-tech neurosurgery operating room at Dr. Rao's Hospital, Guntur featuring advanced imaging and navigation systems for precise brain and spine surgeries.

These symptoms may indicate nerve root compression, severe spinal stenosis, spinal infection, fracture, tumor, or other neurological conditions requiring urgent evaluation.

### Modern Diagnosis Supports Earlier, More Precise Treatment

Advances in spinal imaging and neurological assessment enable physicians to diagnose lumbar spine disorders with greater precision than ever before.

Evaluation may include:

Comprehensive neurological examination  
MRI of the lumbar spine  
CT scan when clinically appropriate  
Digital spinal X-rays  
Bone density assessment in selected patients  
Electrophysiological testing when indicated

Accurate diagnosis also helps distinguish lumbar spine disorders from hip disease, vascular disorders, peripheral neuropathy, and other conditions that may produce similar symptoms.

### Every Patient Benefits From an Individualized Care Pathway

Modern spine care is tailored to the individual rather than relying on a single treatment approach.

Depending on the diagnosis, patients may benefit from:

Clinical evaluation and neurological assessment  
Advanced imaging  
Multidisciplinary review  
Personalized conservative treatment  
Physiotherapy and rehabilitation  
Image-guided pain management procedures  
Lifestyle and ergonomic modification  
Follow-up monitoring

When progressive neurological weakness, disabling pain, spinal instability, or significant nerve compression is present, surgery may be recommended to relieve pressure on the nerves, restore spinal stability, and improve function.

### Advances in Spine Surgery Continue to Improve Patient Care

Modern spine surgery has evolved significantly over the past decade. For appropriately selected patients, minimally invasive techniques may reduce tissue disruption, postoperative discomfort, blood loss, hospital stay, and recovery time while maintaining established surgical principles.



Dr. Mohana Rao Patibandla explaining advanced brain mapping and neuronavigation technology used in modern minimally invasive neurosurgery at Dr. Rao's Hospital (International Institute of Neurosciences), Guntur.

Advanced technologies supporting precision spine surgery may include:

- Minimally invasive spine surgery
- Endoscopic spine surgery
- Stealth 8 Neuronavigation
- Intraoperative Neuromonitoring (IONM)
- High-definition operating microscopy
- 4K endoscopic visualization
- Advanced spinal instrumentation
- Enhanced recovery after surgery (ERAS) protocols
- Comprehensive neurocritical care and rehabilitation

These technologies assist surgeons in protecting critical neural structures while providing precise decompression and stabilization based on each patient's condition.

### Looking Beyond Pain

Experts emphasize that pain alone should not determine when medical care is sought.

Persistent neurological symptoms—including leg weakness, numbness, progressive walking difficulty, loss of balance, or declining muscle strength—often provide more important clues about spinal health than pain severity itself.

Early diagnosis may allow patients to benefit from less invasive treatment options before irreversible nerve damage develops.

### Supporting Lifelong Spine Health

Although not every spinal disorder can be prevented, specialists encourage several practical measures that support long-term spinal health:

- Maintain regular physical activity
- Strengthen core and back muscles
- Practice proper lifting techniques
- Avoid prolonged sitting without movement
- Maintain a healthy body weight
- Stop smoking
- Support bone health through proper nutrition and medical care
- Seek prompt evaluation for persistent neurological symptoms

Increasing public awareness of these preventive strategies, together with early recognition of nerve compression symptoms, may reduce disability and improve outcomes for individuals living with chronic back pain.

## About Dr. Mohana Rao Patibandla

Dr. Mohana Rao Patibandla is a fellowship-trained neurosurgeon and Founder and Chief Neurosurgeon of Dr. Rao's Hospital – International Institute of Neurosciences (IIN), Guntur, India. Following advanced subspecialty training in India and the United States, he specializes in minimally invasive brain and spine surgery, cerebrovascular and endovascular neurosurgery, skull base surgery, pediatric neurosurgery, neuro-oncology, and stereotactic radiosurgery. Dr. Rao has performed more than 15,000 neurosurgical procedures, including over 12,000 minimally invasive surgeries and 3,000 endovascular interventions, reflecting extensive experience across complex neurological conditions.

## About Dr. Rao's Hospital – International Institute of Neurosciences (IIN)

Dr. Rao's Hospital – International Institute of Neurosciences (IIN), located in Guntur, Andhra Pradesh, is a comprehensive neuroscience center dedicated to advanced care for disorders of the brain, spine, nerves, and cerebrovascular system. The hospital provides multidisciplinary services in neurosurgery, neurology, spine surgery, neuro-oncology, neurocritical care, rehabilitation, and minimally invasive surgical techniques. Equipped with advanced technologies including Stealth 8 Neuronavigation, intraoperative neuromonitoring, high-definition microscopy, 4K endoscopy, hybrid operating facilities, and comprehensive neurocritical care, the institution is committed to evidence-based, patient-centered neurological care.

## Media Contact

Dr. Rao's Hospital – International Institute of Neurosciences (IIN)

12-19-67, Old Bank Road, Kothapet, Besides AK Biryani Point, Guntur, Andhra Pradesh, India

Phone: +91 9010056444

Email: [info@dr-rao-hospitals.com](mailto:info@dr-rao-hospitals.com)

Website: <https://dr-rao-hospitals.com>

Mohana Rao Patibandla

Patibandla Narayana Swamy Neurosciences LLP

+919010056444 ext.

[email us here](#)

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