

Back Pain and urology

Back pain is a common ailment and sometimes has a urologic cause. Common urologic causes for back pain include the presence of a kidney stone which is blocking urinary drainage from the kidney down to the bladder. This backed up urine can cause distention in the urinary tract and subsequent pain. Other situations can result in blocked urinary drainage including scar tissue, congenital kinking and masses. Urinary blockage from these causes can also result in urologic back pain.

Urologic back pain commonly occurs with infection or inflammation of certain portions of the urinary tract. This situation most commonly arises in a condition called pyelonephritis. In pyelonephritis, the kidney develops an infection, which typically involves fevers and significant urologic back pain. Fortunately, most cases of pyelonephritis can be effectively treated with a course of outpatient antibiotics.

Most cases of generalized back pain do not involve urologic causes. After a urologic evaluation, if back pain is present and a urologic cause is not identified, patients should seek further evaluation by their primary care provider, orthopedic surgeon or other specialist. Sometimes a referral to a Pain Center is indicated.