

# **Comparative Study Between Non-Steroidal Anti-Inflammatory Drugs, Laser Acupuncture, and Epidural Steroids for Management of Low Back Pain**

**Thesis Submitted for Partial Fulfillment  
of M.D. Degree in Anesthesiology**

**BY**

**Mongy Selim Gamal El-Deen Ahmed**

*M.B.B.Ch., M.Sc., Anesthesia, Ain Shams University*

**Supervised By**

**Prof. Dr. Farouk Ahmed Sadek Afifi**

*Professor of Anesthesia and Intensive Care - Ain Shams University*

**Prof. Dr. Nihal Gamal El-Deen Nouh**

*Professor of Anesthesia and Intensive Care - Ain Shams University*

**Prof. Dr. Mahmoud Abd El-Aziz Ghallab**

*Professor of Anesthesia and Intensive Care - Ain Shams University*

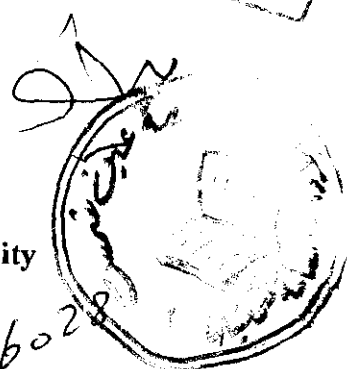
**Dr. Bassel Mohamed Essam Nour El-Din**

*Lecturer of Anesthesia and Intensive Care - Ain Shams University*

**Faculty of Medicine  
Ain Shams University**

**\*\*\* 1999 \*\*\***

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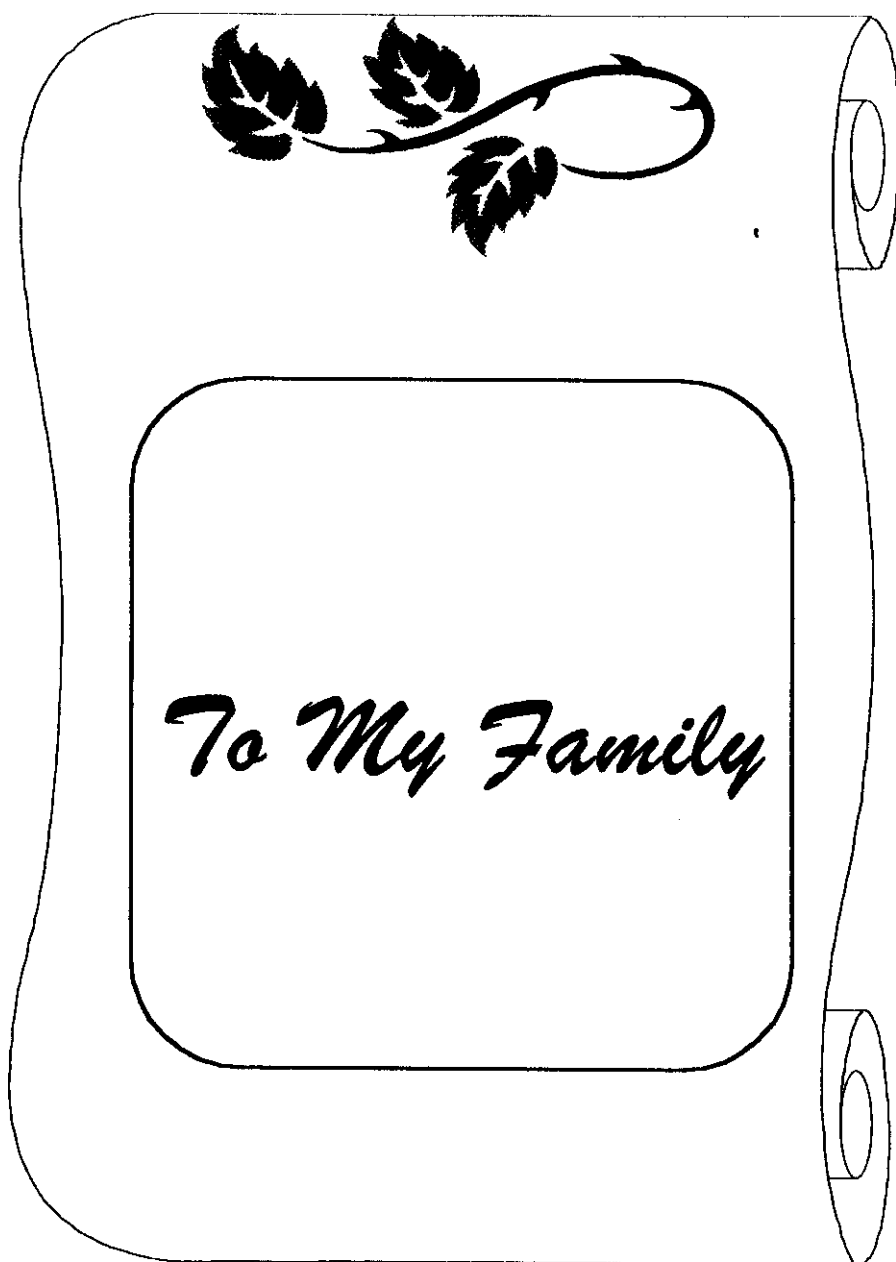
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*To My Family*

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# Introduction



# Introduction

Pain is the most common symptom that brings patients to the physician. Chronic pain patients present a challenging management problem, and any treatment plan must be directed towards the underlying cause as well as the control of pain.

Low back pain continues to be an extremely common complaint and a major cause of work disability worldwide (*Frymoyer, 1992*).

Decisions regarding optimal management are not easy to make for physicians and therapists involved in the care of patients with low back pain. There are many therapeutic interventions available; however, none seems to be clearly superior (*Spitzer et al., 1997*).

It is crucial that the clinician should understand the etiology of low back pain, as well as the psychological aspect of the symptoms, because some patients suffering chronic low back pain may be difficult to treat that often little pain relief is obtained even with multidisciplinary pain management (*Bonica, 1992*).

The best result of treatment is the return to a productive work environment with improved fitness, but before patients can reach this goal, pain must be significantly reduced (*Carron, 1992*).





# Aim of the Work