

Published based on [Can Lower Back Pain Be a Indication of Kidney Problems?](#)

Can Lower Back Pain Be a Indication of Kidney Problems?

Back pain can come from a variety of possible causes. Most of the time, nerve damage in the spine or injuries to the muscles, tendon and ligaments of the back are at fault. But sometimes, neither of these is the real source of your discomfort.

The actual source of the pain may be a kidney problem. Some people say that pain from a kidney stone or kidney infection is the worst pain they've ever felt.

So, what symptoms and signs will tell you that there's a kidney problem instead of a nerve or muscle injury?

Location is your first clue. The pain will present in the area above the hips but below the bottom of the rib cage. Unlike the pain that accompanies nerve damage, it is more likely to be felt closer to your sides - not so much near your spinal column.

Many times, pain from kidney disorders is described as "acute." In other words, it comes on fast and it comes on strong.

Kidney stones often trigger back pain as they move down the urinary tract. Kidney stones that become "stuck" in the ureters and obstruct the flow of urine to the bladder are likely to cause extreme discomfort.

Discolored urine is another symptom of a kidney problem. When you notice that your urine is darker than normal, it could indicate the presence of blood. This is definitely a good reason to talk to your doctor.

When you have a kidney problem or some other disorder of the urinary tract, you'll probably feel a need to urinate more often than usual. However, most of the time, not much urine will actually come out.

It's not unusual to feel a burning or stinging sensation when urinating.

Kidney stones sometimes pass out of your body when you urinate, especially if you drink a lot of water. Back pain and discomfort stops immediately.

Fortunately, while kidney stones can cause a great deal of pain, they're not considered a threat to life.

But a kidney infection, left untreated, can lead to kidney damage and even kidney failure. Therefore, if you even suspect your back pain is coming from a kidney infection, it's best to call a doctor right away.

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