

# Left Side Pain

## Abdominal

Abdominal exercise This is useful for improving performance with certain sports, back pain, and for Abdominal exercises are strength exercise affecting the abdominal muscles (colloquially known as the stomach muscles or "abs"). injury. During the execution of abdominal training, understanding the functions, effects, and variations in exercise, along with considering the suitability, and safety in relation to current physical condition is crucial, as overtraining can lead to severe injury. Abdominal exercises are useful for building abdominal muscles. The human abdominal muscular set consists of four: the rectus abdominis, internal oblique, external oblique, and transversus abdominis

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Diagnosis may involve ultrasonography, computed tomography, and peritoneal lavage, and treatment may involve surgery. It is divided into two types, blunt or

penetrating, and may involve damage to the abdominal organs. Injury to the lower chest may cause splenic or liver injuries.

386a339209 The most common symptoms of RLP are: 386a339209 == Medical uses == 386a339209

Abdominal trauma Complications Abdominal trauma is an injury to the abdomen. Signs and symptoms include abdominal pain, tenderness, rigidity, and bruising of the external abdomen. Abdominal trauma is an injury to the abdomen. Complications may include blood loss and infection. Signs and symptoms include abdominal pain, tenderness, rigidity, and bruising of the external abdomen 386a339209

Round ligament pain are: Sudden pain in the lower abdomen, usually in the right side of the pelvic area that can extend to the groin. RLP also occurs in nonpregnant women. It usually resolves completely after delivery although cases of postpartum RLP (that is, RLP that persisted for a few days after delivery) have been reported. Shooting abdominal pain when performing Round ligament pain (RLP) is pain associated with the round ligament of the uterus, usually during pregnancy. RLP is one of the most

common discomforts of pregnancy and usually starts at the second trimester of gestation and continues until delivery  
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In humans, the abdomen stretches from the thorax at the thoracic diaphragm to the pelvis at the pelvic brim. The pelvic brim stretches from the lumbosacral joint (the intervertebral disc between L5 and S1) to the pubic symphysis and is the edge of the pelvic inlet. The space above this inlet and under the thoracic diaphragm is termed the abdominal cavity. The boundary of the abdominal cavity is the abdominal wall in the front and the peritoneal surface at the rear. 386a339209 In acute appendicitis, palpation in the left iliac fossa may produce pain in the right iliac fossa. 386a339209

Abdomen the left upper, left lower, right upper, and right lower. In arthropods, it is the posterior tagma of the body; it follows the thorax or cephalothorax. [citation needed] Quadrants are also often used in describing the site of an abdominal pain. The An abdomen (also belly or stomach in vertebrates, or metasoma in arthropods) is the front part of the torso between the thorax (chest) and pelvis in humans and in

other vertebrates. The area occupied by the abdomen is called the abdominal cavity  
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Abdominal ultrasonography Abdominal ultrasound is commonly used in the setting of abdominal pain or an acute abdomen (sudden and/or severe abdominal pain syndrome in Abdominal ultrasonography (also called abdominal ultrasound imaging or abdominal sonography) is a form of medical ultrasonography (medical application of ultrasound technology) to visualise abdominal anatomical structures. For this reason, the procedure is also called a transabdominal ultrasound, in contrast to endoscopic ultrasound, the latter combining ultrasound with endoscopy through visualize internal structures from within hollow organs. It uses transmission and reflection of ultrasound waves to visualise internal organs through the abdominal wall (with the help of gel, which helps transmission of the sound waves). ultrasonography 386a339209

Abdominal ultrasound can be used to diagnose abnormalities in various internal organs, such as the kidneys, liver, gallbladder, pancreas, spleen and abdominal aorta. If Doppler ultrasonography is added,

the blood flow inside blood vessels can be evaluated as well (for example, to look for renal artery stenosis). It is commonly used to examine the uterus and fetus during pregnancy... 386a339209 The nine regions offer more detailed anatomy and are delineated by two vertical and two horizontal lines. 386a339209 The round ligament of the uterus goes from the pelvis, passes through the internal abdominal ring, and runs along the inguinal canal to the labia majora. It is the structure that holds the uterus suspended inside the abdominal cavity. There are at least 2 other round ligaments in the human body, the round ligament of the liver (ligamentum teres hepatis) and the round ligament of the head of the femur (ligamentum teres femoris). 386a339209 == Symptoms == 386a339209 In vertebrates, the abdomen is a large body cavity enclosed by the abdominal muscles, at the front and to the sides, and by part of the vertebral column at the back. Lower ribs can also enclose ventral and lateral walls. The abdominal cavity is continuous with, and above, the pelvic cavity. It is attached to the thoracic cavity by the diaphragm. Structures such as the aorta, inferior vena... 386a339209 ♦♦2... 386a339209 It has been highly disputed whether or not abdominal

exercises have any reducing effect on abdominal fat. The aforementioned 2011 study found that abdominal exercise does not reduce abdominal fat; to achieve that, a deficit in energy expenditure and caloric intake must be created—abdominal exercises alone are not enough to reduce abdominal... 386a339209 The left lower quadrant includes the left iliac fossa and half of the flank. The equivalent in other animals is left posterior quadrant. The left upper quadrant extends from the umbilical plane to the left ribcage. This is the left anterior quadrant in other animals. The right upper quadrant extends from umbilical plane to the right ribcage. The equivalent in other animals is right anterior quadrant. The right lower quadrant extends from the umbilical plane to the right inguinal ligament. This in other animals is the right posterior quadrant. 386a339209 Radiating pain is slightly different from referred pain; for example, the pain related to a myocardial infarction could either be referred or radiating pain from the chest. Referred pain is when the pain is located away from or adjacent to the organ involved; for instance, when a person has pain only in their jaw or left arm, but not in the chest. Radiating pain would have an origin, where the patient can

perceive pain, but the pain also spreads ("radiates") out from this origin point to cause... 386a339209 Abdominal exercises are useful for building abdominal muscles. This is useful for improving performance with certain sports, back pain, and for withstanding abdominal impacts (e.g., taking punches). According to a 2011 study, abdominal muscle exercises are known to increase the strength and endurance of the abdominal muscles. 386a339209 == Signs and symptoms == 386a339209

Quadrants and regions of abdomen These terms are not used in comparative anatomy, since most other animals do not stand erect.

) If abdominal pain or signs of The human abdomen is divided into quadrants and regions by anatomists and physicians for the purposes of study, diagnosis, and treatment.

The quadrants are referred to as the left lower quadrant, left upper quadrant, right upper quadrant and right lower quadrant.

reversal of "left" and "right" is intentional, because the anatomical designations reflect the patient's own right and left. The division into four quadrants allows the localisation of pain and tenderness, scars, lumps, and other items of interest,

narrowing in on which organs and tissues  
may be involved 386a339209

== Positioning and environment ==  
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Rovsing's sign spot on the abdominal wall,  
unlike pain nerves in muscles. The  
phenomenon was first described by Swedish  
surgeon Emil Samuel Perman (1856-1945)  
writing in the journal Hygiea in 1904. Pain  
from a stomach ulcer or gallstone can be  
interpreted by the brain as pain from the  
stomach Rovsing's sign, named after the  
Danish surgeon Niels Thorkild Rovsing  
(1862-1927), is a sign of appendicitis. If  
palpation of the left lower quadrant of a  
person's abdomen increases the pain felt in  
the right lower quadrant, the patient is said  
to have a positive Rovsing's sign and may  
have appendicitis 386a339209

Spleen pain hematologic disturbances and  
abdominal pain and can increase the risk for  
splenic rupture, which also causes spleen  
pain, from blunt trauma, resulting Spleen  
pain is a pain felt from the left upper  
quadrant of the abdomen or epigastrium  
where the human spleen is located or  
neighboring 386a339209



Abdominal ultrasound examinations are performed by gastroenterologists or other specialists in internal medicine, radiologists, or sonographers trained for this procedure.

386a339209 == Referral of pain ==  
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Referred pain by a myocardial infarction (heart attack), where pain is often felt in the left side of the neck, left shoulder, and back rather than in the thorax (chest) Referred pain, also called reflective pain, is pain perceived at a location other than the site of the painful stimulus. An example is the case of angina pectoris brought on by a myocardial infarction (heart attack), where pain is often felt in the left side of the neck, left shoulder, and back rather than in the thorax (chest), the site of the injury. The International Association for the Study of Pain has not officially defined the term; hence, several authors have defined it differently. Referred pain has been described since the late 1880s. Despite an increasing amount of literature on the subject, the biological mechanism of referred pain is unknown, although there are several hypotheses 386a339209

== Effects == 386a339209 == Etiology ==

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Abdominal examination Auscultation (listening) of the abdomen with a stethoscope. the obturator muscle Rovsing's sign - pain in the right lower abdominal quadrant on palpation of the left side of the abdomen McBurney's sign - deep tenderness An abdominal examination is a portion of the physical examination which a physician or nurse uses to clinically observe the abdomen of a patient for signs of disease. The abdominal examination is conventionally split into four different stages: first, inspection of the patient and the visible characteristics of their abdomen. Depending on the need to test for specific diseases such as ascites, special tests may be performed as a part of the physical examination. Palpation of the patient's abdomen. Finally, percussion (tapping) of the patient's abdomen and abdominal organs. In a complete physical examination, the abdominal exam classically follows the respiratory examination and cardiovascular examination. An abdominal examination may be performed because the physician suspects a disease of the organs inside the abdominal cavity (including the liver, spleen, large or small intestines), or

simply as a part of a complete physical  
examination for other conditions

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