

What to expect from PT

A physical therapist will evaluate, assess and develop a treatment plan specifically for you. The plan will include the appropriate combination of manual therapy (joint and soft tissue mobilization, manipulation and trigger point dry needling) and exercises to restore motion and function. In addition, the physical therapist will teach you how to prevent further injuries.



Dr. Lisa DeCote manipulates a patient with acute low back pain. When following Clinical Prediction Rules⁴, manipulation performed at the early onset of symptoms, has a 95% success rate for pain relief in 2 visits. In these cases, the patients have better outcomes than those using exercise or modifying home activities alone⁴.



Trigger point dry needling is an effective treatment for reducing pain and muscle spasm, and in turn normal mobility can be restored. Instrument assistive soft tissue mobilization and cupping are additional tools that may be used.



Pain leads to muscle weakness, loss of stability and control of the low back. Specific exercises targeting the deep lumbar stabilizing muscles can improve strength and decrease risk of future episodes of back pain. Even for chronic pain, moderate to high-intensity and progressive exercises that focus on fitness and endurance are helpful in pain management.

*Please note: the exercises and advice provided here are not intended to replace the recommendations of a health care provider.

Top 3 Recommendations #Better #Faster

The lumbar roll is the ideal companion in the car, at the office or for use with any seat that does not provide adequate lumbar support. The roll will ensure your spine remains in a healthy, neutral position when sitting.



Biofreeze Professional is a safe and effective topical cream, only available from health care providers that relieves pain. Pain relief without medication! Biofreeze allows you to remain active during treatment.

Thera°Pearl uses innovative technology to absorb and deliver heat & cold for the recommended 20 minutes. Start with ice to reduce swelling, muscle spasm and bruising, then switch to heat for penetrating pain relief.



References:

1. Frehberger, JK, et al. The Rising Prevalence of Chronic LBP. Arch Int Med 2009, Feb (9); 169(3).
2. Fritz, JM et al. "Does Adherence to the Guideline Recommendation for Active Treatments Improve the Quality of Care for Pts with Acute LBP Delivered by PT's?" Med Care 45:10 (2007):
3. Chou R et al. Diagnosis and Treatment of LBP: A Joint Clinical Practice Guideline from the American College of Physicians and the APS. Annals Int Med. Oct 2007
4. Childs, JD et al. "A Clinical Prediction Rule to Identify Patients with LBP Most Likely to Benefit from Spinal Manipulation: A Validation Study," Annals of Int Med. (2004)
5. LBP. Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability, and Health from the Orthopaedic Section of the APTA JOSPT. 2012;42(4).



80% of individuals experience low back pain in their lifetime¹.

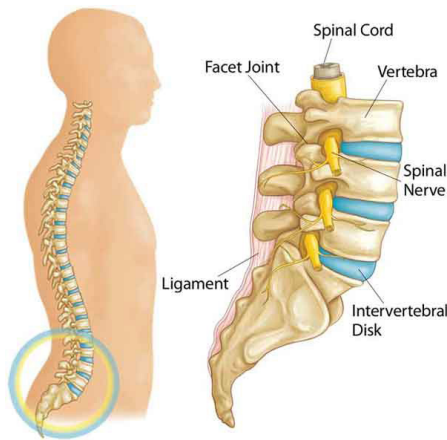
Everything You Need to Know

What causes back pain?



1 in 4 people experience LBP at any given time¹

Back pain is the most common cause for a visit to the doctor's office. Although pain can sometimes be severe, most low back pain is not due to a serious issue. Pain can come from the muscles, joints, the discs between the vertebrae, nerves and the associated soft tissues. It is typically felt in the lower back and buttocks, but if nerves are irritated, numbness and tingling can be felt in the leg and in to the toes.



The common risks factors that may cause low back pain include, sitting too much, being in poor physical condition, and bending and lifting improperly.



WRONG



RIGHT



How can I treat my back?

Bed rest can slow recovery, so early movement is key! Exercises to improve your lumbar mobility and trunk and hip strength are beneficial, as well as staying active with walking and your daily activities to tolerance. Start with these exercises, 3x a day.



Round your lower back as much as you can towards the ceiling, then arch your back so that your stomach comes toward the floor. Perform slowly and stay within a pain free range. Repeat 10 times, and end with a low back stretch.



Place hands under shoulders and push up while keeping hips on the floor. Hold for a few seconds and return to the floor. Stay in a pain free range and repeat 10 times.



The abdominal muscles support the spine. Draw your navel in and up towards the spine and hold for 10 seconds. If able, use your abdominal muscles to raise head and shoulders. Repeat 10 times.

Finally, take short walks during the day and build up to the point where you can walk for 30 to 40 minutes daily.

When should I seek help?

If symptoms worsen, or when exercises alone do not help, or you cannot perform them pain free, see a physical therapist to reduce pain and improve function. The earlier you seek help the better. Research shows people recover faster the sooner they begin physical therapy.

When physical therapy begins within 14 days of the initial onset of back pain, studies show a \$2,736 savings²



Should I get X-ray or MRI?

Medical guidelines now strongly discourage the use of MRI and X-ray in diagnosing low back pain, because they produce so many false alarms. They waste time, money and create unnecessary fear³

Warning Signs

There are times when immediate medical attention should be sought. Please contact your health care provider if you experience any of the following;

- Severe abdominal pain
- Unexplained fever
- Bowel or bladder incontinence
- Decreased/altered sensation in the groin and/or leg

Physical Therapy always includes education on how to prevent low back pain in the future.