

## **LOW BACK PAIN**

### **What's REALLY Driving the Pain?**

Low back pain is not only a common reason for physician visits; it can also turn into a recurring problem that interferes with almost every aspect of a patient's life. The most common type of low back pain is non-specific, which occurs in approximately 90% of cases and has no identifiable cause.<sup>1</sup> Physical therapy is a highly effective treatment option and early entry into physical therapy after onset of low back pain results in a greater improvement in pain at 6 months compared to delayed access.<sup>2</sup>

Outside of traumatic instances, lumbar pain is often a symptom which is driven by a problem or impairment elsewhere. The following are factors that often drive low back pain (acute, sub-acute, or chronic):

- Poor work station set up
- Abdominal scar tissue/adhesions from past surgeries
- Gait abnormalities or limping
- Injuries or arthritis of the ankle, knee, or hip
- Thoracic spine stiffness/dysfunction from poor posture
- Pelvic floor contribution (incontinence or prolapse)



The physical therapists at Great Divide Physical Therapy are highly trained in evaluation, differential diagnosis, and treatment of acute, sub-acute, and chronic low back pain. Evaluation of pain includes a full assessment of gait and biomechanics, as well as thorough joint and soft tissue assessment. Specific treatment methods including joint and soft tissue mobilization, scar mobilization, strength and stability training, and body mechanics training are very effective at both improving symptoms and preventing reoccurrence.

If you have further questions or specific patients you feel would benefit from this treatment, please do not hesitate to contact our clinic. One of our physical therapists would be happy to discuss treatment techniques and options.

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<sup>1</sup> Woolf, AD, Pleger, B. (2003). Burden of Major Musculoskeletal Conditions. *Bulletin of the World Health Organization*, 81(9):646-56.

<sup>2</sup> Nordeman, L., Nilsson B., Moller M., Gunnarsson R. (2006). Early access to physical therapy treatment for subacute low back pain in primary health care: a prospective randomized clinical trial. *The Clinical Journal of Pain*, Jul-Aug; 22(6): 505-11.