

# Low Back Pain



## Low Back Pain

### Get relief from back pain with physical therapy

Lower back pain is one of the most common diagnoses we treat in physical therapy. Research shows that getting treatment with a physical therapist first for low back pain reduces use of opioids and reduces medical costs. Low back pain can come from many origins including degenerative changes, muscle imbalance, disc problems (herniation, bulge, protrusion, etc), facet joint restrictions, strain and poor posture and body mechanics.

Physical therapy for low back pain includes a thorough examination of range of motion, strength, flexibility, joint mobility, and nerve tension to determine the root cause of the problem. The physical therapist will often provide manual therapy to improve joint mobility and soft tissue tone through joint mobilizations and joint and soft tissue mobilization. Often, manual therapy is followed up by neuromuscular reeducation, which involves "waking up" the muscles to support the new range of motion and mobility. Patients are given a home exercise program to address muscle weakness, imbalance, and range of motion. Body mechanics are also an important part of physical therapy education so patients can learn to move with improved efficiency. Patient education includes proper posture for sitting, standing, and sleeping so there is less stress on joints and tissues. Contact us to learn more about how we can help your patients recover from low back pain.

### About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

#### PATIENT SATISFACTION



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