



LOW BACK

DESCRIPTION:

Low back pain is defined as pain located between the rib cage and the buttocks and may extend down to the leg and foot. Some may experience numbness, tingling or weakness in the legs. Pain felt in your lower back may come from the spine, muscles, nerves, or other structures in the back. Low back pain can effect movement such as twisting, turning or bending.

SIGNS AND SYMPTOMS:

- Pain or ache in the area of the back between the ribs and the top of the legs.
- Pain may travel to the buttocks or further down the leg to the foot.
- Pain may increase with twisting, turning, or bending.
- Spasms in low back.
- Pain that hinders ones function to perform activities of daily living.
- Sneezing, coughing, or laughing may increase pain.
- Tingling and/or burning sensations.
- Weakness.

CAUSES:

- Scoliosis (curvature of the spine)
- Arthritis
- Trauma or injury
- Muscle strain
- Bulging or herniated disc
- Degenerative disc disease
- Nerve irritation
- Pelvic malalignment
- Muscle tightness

TREATMENT:

Your personal Oxford Physical Therapy Centers (OPTC) physical therapist will perform a thorough spinal evaluation. Upon completion of your evaluation your physical therapist will design an exercise program tailored to your specific needs and goals.

IF CONSERVATIVE TREATMENT FAILS:

- Consult your OPTC Physical Therapist to review your daily activities as modifications of these activities may be necessary.
- Future consultations with a physician who specializes in spine care may be warranted.

PREVENTION:

- Exercise programs prescribed and monitored to the patient by your OPTC Physical Therapist.
- Exercises in the program will focus on strength, flexibility, postural awareness, and body mechanics.
- Oxford Physical Therapy Centers goal is to "Put more life in your years." We do this by providing the education and awareness of proper lifting techniques, proper body mechanics and the insight on how to live a safe, active and healthy life.