

# LOW BACK PAIN

## WHAT IS IT?

A term that encompasses a multitude of diagnoses associated with structures in the lower back

## COMMON DIAGNOSES:

Herniated disc, stenosis, muscle/soft tissue strain, sciatica/pinched nerve, arthritis

## COMMON CAUSES:

Tight hip flexors, tight upper back, muscular weakness, trauma, work-related injury, lifting injury

## WHY IMPACT PHYSICAL THERAPY?

We focus on your entire movement system to not only identify the source of your symptoms, but to also treat the causes of your spine pathology.

## STRETCHES:

Hip flexor stretch, piriformis stretch, hamstring stretch, cat/cow

## STRENGTHENING:

Bridges, lateral band walks, planks (forward and lateral), walk outs

## OTHER CONTRIBUTING FACTORS:

Stress, sleep hygiene, hydration, fitness/activity level, diet/nutrition



**IMPACT**  
PHYSICAL THERAPY

FOR MORE INFORMATION, CHECK OUT OUR BLOG ON LOW BACK PAIN!



# Low Back Pain

**James M. Cox**



## Low Back Pain:

**Back Pain** Loren Fishman, Carol Ardman, 1999 Fishman asserts that patients must become partners with doctors in naming the cause of back pain and finding a successful treatment

**Managing Low Back Pain** W. H. Kirkaldy-Willis, 1988 Presenting the 4th edition of this excellent text with the expertise of 19 leading specialists representing the fields of orthopedic surgery neurosurgery osteopathy physical therapy and chiropractic These authorities bring you comprehensive multidisciplinary guidance on low back pain diagnosis prevention and education And they detail the best of today's surgical treatment approaches as well as the most effective manual manipulation methods

**Low Back Pain**, 2003

**Low Back Pain: Recent Advances and Perspectives** Robert J. Gatchel, 2018-04-27 This book is a printed edition of the Special Issue Low Back Pain Recent Advances And Perspectives that was published in Healthcare

*Low Back Pain* James M. Cox, 1990

Evidence-based Management of Low Back Pain Simon Dagenais, Scott Haldeman, 2011-01-01 An interdisciplinary approach enables health care providers to work together A logical easy to follow organization covers information by intervention type from least invasive to most invasive Integration of interventions provides information in a clinically useful way so it's easier to consider more than one type of treatment or intervention for low back pain and easier to see which methods should be tried first 155 illustrations include x rays photos and drawings Tables and boxes summarize key information Evidence based content allows you to make clinical decisions based on the ranking the best available scientific studies from strongest to weakest Patient history and examination chapters help in assessing the patient's condition and in ruling out serious pathology before making decisions about specific interventions

**Low Back Pain** Ali Asghar Norasteh, 2012-05-09 This book includes two sections Section one is about basic science epidemiology risk factors and evaluation section two is about clinical science especially different approach in exercise therapy I envisage that this book will provide helpful information and guidance for all those practitioners involved with managing people with back pain physiotherapists osteopaths chiropractors and doctors of orthopedics rheumatology rehabilitation and manual medicine Likewise for students of movement and those who are involved in re educating movement exercise physiologists Pilates and yoga teachers etc

Global Advances in the Diagnosis, Management, and Treatment of Low Back Pain Eron Grant Manusov, Vincent P. Diego, Plamen Todorov Todorov, 2025-02-19 Low Back Pain LBP is characterized by discomfort or pain emanating from the lumbar sacral and coccyx regions This prevalent condition can profoundly impact individuals quality of life leading to functional limitations mental illness reduced productivity and increased healthcare costs Physical and psychosocial factors not only affect LBP but how pain affects one's life LBP continues to be a major global cause of disability and is one of the most common reasons for visiting a doctor The years lived with a disability have increased highlighting the need for attention to the diagnosis management and treatment of LBP at various levels of healthcare In this Research Topic we aim to specifically explore a wide range of diagnostic approaches therapeutic interventions and strategies for effectively

managing LBP symptoms This Research Topic will focus on the advances and recommendations on LBP and will serve as a forum to decrease morbidity mortality and the global disease burden *Lower Back Pain: New Insights for the Healthcare Professional: 2011 Edition* ,2012-01-09 Lower Back Pain New Insights for the Healthcare Professional 2011 Edition is a ScholarlyBrief that delivers timely authoritative comprehensive and specialized information about Lower Back Pain in a concise format The editors have built Lower Back Pain New Insights for the Healthcare Professional 2011 Edition on the vast information databases of ScholarlyNews You can expect the information about Lower Back Pain in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Lower Back Pain New Insights for the Healthcare Professional 2011 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>

*Rapidly Reversible Low Back Pain* Ronald Donelson,2006-12 Unknown to most are the many studies reporting that most low back pain is a rapidly reversible condition that is it can be eliminated often quickly by the patients themselves This large subgroup can now be identified early on providing opportunity for great cost savings and a goldmine of research discoveries about the causes of and solutions to low back pain Dr Donelson is a veteran spine specialist researcher and educator who brings badly needed common sense and evidence to this complex problem of low back pain In this hard to put down account he accurately exposes flaws in the low back pain scientific process and then offers simple logical remedies His insightful review of this valuable yet ironically overlooked clinical research reveals both clinical and economic solutions from implementing patient specific treatments rather than the one size fits all guideline recommendations This refreshing approach offers clinicians clinical methods to objectively determine non pharmacologic ways for patients to gain control of their own low back pain and to recover more quickly and simply Such objective decision making offers new insights into how to avoid the need for medication expensive imaging or specialist referral including low back surgery And for the first time psychosocial factors and manual therapies are placed in their proper perspective This is a valuable read for any stakeholder seeking to improve the management of low back pain and to dramatically reduce its annual U S cost of 50 billion or more Employers payers and disease management groups alike will benefit from these reliable means of determining the few necessary and many avoidable costs of managing low back pain

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### Low Back Pain Introduction

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