

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

Bernard E. Finneson



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 Bernard E. Finneson, 1980

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

Low Back Pain Douglas Frank, 1995-01-01 Douglas Frank Dipl Ac practiced acupuncture taught qi gong tai ji quan at the Denver Back School the Colorado Center for Rehabilitation of the Spine for seven years before going into private practice During that time he became an expert in the acupuncture Chinese medical treatment of the low back In writing this book for sufferers of low back pain Doug has combined his years of clinical experience with his insights into Chinese medical theory In particular he stresses the holistic nature of Chinese medical diagnosis treatment the use of Chinese remedial preventive therapies for the protection rehabilitation of the low back Having introduced the basic theories of Chinese medicine as they relate to the low back Doug goes on to describe how Chinese style practitioners diagnose treat various types of low back pain giving several specific case histories He finishes by providing a wide range of exercises helpful hints on how to strengthen the low back relax the mind reduce stress center one's gravity in general live a happier more productive life 9 95 from Blue Poppy Press

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 Disorders Stuart McGill, 2015-11-17 Low Back Disorders Third Edition With Web Resource guides readers through the assessment and treatment of low back pain providing evidence based research on the best methods of rehabilitation and prevention of future injury In this book internationally recognized low back specialist Stuart McGill presents the research and applications of back anatomy and biomechanics to build effective prevention and rehabilitation programs for patients or clients This third edition of Low Back Disorders contains all of the essential tools for those with low back maladies Strong foundational information on anatomy and injury mechanisms guide readers through the essential functions of the structures of the low back and related tissues and common misconceptions about pain and discomfort are addressed and corrected The text provides detailed insights into injury assessment by an extensively expanded set of tests with accompanying instructions These provide guidance and recommendations for individualized rehabilitation strategies and exercises Also new to this edition is a web resource featuring 20 fillable Handouts for Patients or Clients that can be edited and printed to suit practitioner and patients needs The web resource also contains an online video suite that showcases various exercises and assessments In addition to offering strategies for relieving and potentially eliminating pain the text provides insight into the conditions and environments that may initially cause back pain and makes recommendations on reducing these influences so that clients can be pain free This book contains more than 500 photos graphs and charts on anatomy biomechanics and assessments 50 tests and exercises with step by step instructions are available to aid readers in developing successful programs for patients and clients In addition to the evidence based foundation of this edition the following enhancements have been made Completely updated information and streamlined chapter organization ensure that practitioners use best clinical practices Practical checklists throughout the text provide easy access to testing and assessment clinical techniques and information Practical Applications provide clinical information to aid readers in understanding concepts and theory To aid instructors the text includes a newly added image bank to visually support class lectures Low Back Disorders Third Edition With Web Resource contains essential research and corresponding clinical applications in a clear and organized format Part I introduces the functional anatomy and biomechanics of the lumbar spine It also presents epidemiological studies on low back disorders and dispels common myths of lumbar spine stability Part II reviews risk factors for low back disorders and common prevention methods with specific attention paid to reducing workplace risk factors Part III explains evaluating and diagnosing clients and developing exercise and rehabilitation programs Specific exercises that are proven to enhance performance and reduce pain are also explained Evidence based research and cutting edge application strategies from a leading spine specialist in North America make Low Back Disorders Third Edition With Web Resource the authoritative text for the examination and rehabilitation of the low back Its approach to back care will lead readers in developing intervention rehabilitation and

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Table of Contents Low Back Pain

1. Understanding the eBook Low Back Pain
 - The Rise of Digital Reading Low Back Pain
 - Advantages of eBooks Over Traditional Books
2. Identifying Low Back Pain
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Low Back Pain
 - User-Friendly Interface
4. Exploring eBook Recommendations from Low Back Pain
 - Personalized Recommendations
 - Low Back Pain User Reviews and Ratings
 - Low Back Pain and Bestseller Lists
5. Accessing Low Back Pain Free and Paid eBooks
 - Low Back Pain Public Domain eBooks
 - Low Back Pain eBook Subscription Services
 - Low Back Pain Budget-Friendly Options

6. Navigating Low Back Pain eBook Formats
 - ePub, PDF, MOBI, and More
 - Low Back Pain Compatibility with Devices
 - Low Back Pain Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Low Back Pain
 - Highlighting and Note-Taking Low Back Pain
 - Interactive Elements Low Back Pain
8. Staying Engaged with Low Back Pain
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Low Back Pain
9. Balancing eBooks and Physical Books Low Back Pain
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Low Back Pain
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Low Back Pain
 - Setting Reading Goals Low Back Pain
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Low Back Pain
 - Fact-Checking eBook Content of Low Back Pain
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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