

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

Tobias Bleicker

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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