

Low Back Pain

We are looking forward to working with you to decrease your back pain and get you back to doing the things you love.

Low back pain is one of the most common musculoskeletal conditions, affecting up to 80% of the population at some point in their lifetime. Low back pain is equally common in men and women and its onset is most common in those between the ages of 30 and 50. Most of the time, people with back pain cannot be given a specific diagnosis as to what is causing their pain and why, but this is okay! Changes in the low back as seen on imaging technologies like x-rays or MRIs are often poorly related to back pain (Deyo, NEJM). When working with your physical therapist, your treatment will be guided more so by your present complaints and limitations than by what your x-ray or MRI says.

The good news about low back pain is that most people who seek care will often see great improvements in their pain and disability levels within three months. Even better news is that early treatment by a physical therapist for back pain can reduce total medical costs by over \$2700 by limiting the need for additional doctor visits, injections, medications, or surgery.

Your treatment with your physical therapist may include a resistance exercise program, a progressive aerobic exercise routine, manual therapy, and education on your pain/condition. You'll also receive a home exercise program to empower you to self-manage and treat your pain. You will also have access to an online portal where you can view your home program, ask your therapist a question, and track your progress. Each aspect of your care will be uniquely tailored to your ability, goals, and interests.

As we move forward with care, here are three very important things to keep in mind to speed up your recovery:

1. Remain Active/Motion is Lotion

Try to keep moving as much as you comfortably can. Research has shown that staying active can be very beneficial in your recovery. It is good to continue your day-to-day activities and participate in light-exercises, such as walking or swimming. If any of these activities increase your discomfort, it is okay to discontinue them and try something else.

2. Hurt Does Not Always Equal Harm

Many people with back pain initially limit their activity because they are afraid to cause damage to their back. As mentioned above, staying active is very important in your recovery. The human spine is remarkably strong and resilient, so it is highly unlikely that your normal day-to-day activities will do anything harmful to your back. The severity of pain does not always match the level of damage to your body. Think of how painful stubbed toes can be, especially in the morning when you're half asleep. There is very little tissue damage with a stubbed toe, but significant discomfort. With this in mind, it is important to be conscious of your pain, but do not let it scare you!

3. Changes in Your Symptoms

If you notice any change in your bowel/bladder habits, numbness in your groin/genital region, or severe muscle weakness, please contact your doctor immediately.

We look forward to working with you!

- The InMotion PT and Golf Fitness Team