



Back Pain

Do you experience back pain? You aren't alone! Millions of Americans (80-90%) experience back pain at least once in their lifetime. 4 out of 5 people develop back pain which may last more than a day, months, years or even a lifetime.

What is back pain?

Commonly, irritation or damage to any area of the back muscles, structures, or spine can cause back pain.

The spine is made up of many stacking small bones called vertebrae, which are joined together by facet joints, and between each pair of vertebrae lies a vertebral disc, which acts as a cushion or shock absorber. Core muscles and ligaments assist to provide stability to the spine.

Potential causes include:

- injury such as over stretching during lifting, bending or twisting with poor posture
- pathological (Arthritis, Osteoporosis, Spinal stenosis),
- bad work practices/techniques
- poor posture
- overweight
- lack of exercise
- pregnancy
- stress
- smoking

Treatment Options

Treatment options are determined based on the cause. Your doctor or health care professional/physical therapist will examine and assess for any nerve damage and rule out more serious problems.

Physical therapy treatment includes patient education and a variety of stretching and strengthening exercises, manual therapies and electro therapeutic modalities to treat pain and posture.

Active therapies, which you can continue on your own such as exercise and strengthening, usually have the most permanent and long lasting effects.

Prevent back pain

- stay active, control your weight, and keep a good posture at all times
- avoid smoking
- exercise on a regular basis to keep your back flexible and strong
- speak to a physical therapist
- during lifting, use your legs and not your back holding objects as close to your body as possible and use both arms

Source: Healthvic.gov.au

To make an appointment or for more information
Call 618.382.2927 or visit WabashChristianTherapy.org

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