

LOW BACK PAIN

HISTORY

Low back pain can be caused by activity, or it can be non-specific, which means there is no known cause. 60-80% of people have low back pain at one point, and the annual rate of adolescents suffering from low back pain is 11.8% to 33%. Research shows 11-12% of the population is disabled by low back pain.

SIGNS & SYMPTOMS

Low back pain occurs in your back, between your bottom ribs and top of the thigh.

- Acute pain (less than 6 weeks)
- Subacute pain (6-12 weeks)
- Chronic pain (greater than 12 weeks)
- Reduced strength or mobility
- Loss of function

ANATOMY

Most back pain occurs in the lumbar spine, which contains 5 vertebrae. Spaces between the discs are maintained by intervertebral discs, which absorb shock and cushion the bone. Multiple muscles support and move the spine.



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1) Pain Management

Myofascial release is a self-management technique that targets areas that are sore. Place a small hard ball against a wall and press it into areas of tightness, holding until the muscle releases. Move onto the next sore spot, being sure not to place the ball on your spine.



2) Mobility

Child's pose stretches the back and can help improve mobility. Kneel on the floor or bed with your toes together and your knees just wider than shoulder-width. Sit back into your heels while reaching the arms forward, and lay your torso between your legs. Hold for 30 seconds and repeat three times.



3) Strength

To perform **the deadbug**, lay on your back with your arms up and both legs flexed to 90 degrees at the hips and knees. Press your low back into the floor, and maintain this throughout the exercise. Extend a single leg and then return to starting position, alternating legs until fatigue. Repeat this three times.



4) Functional/Sport

Once your pain is reduced, and your back mobility and stability have improved, you can **return to the sports and activities you enjoy!** If your activities cause an increase in pain, physiotherapy can assess your activities to make modifications.

