



Low Back Pain

Low back pain is a very common complaint. Approximately 80% of the population will experience back pain at some point in their lives. Car accidents, improper lifting, repetitive or postural strain may injure the spine, pelvis or associated muscles, and cause low back pain.

Effective and safe management of back pain includes education, exercise, manual and possibly manipulative therapies. Modalities such as acupuncture and interferential current may be used. Spinal stability exercises will be prescribed to strengthen the area in order to relieve pressure from overworked structures. In addition to passive treatment it is important that all contributing factors be addressed in order to decrease the frequency and intensity of the complaints.

The therapeutic modalities commonly used include:

Ultrasound: uses sound waves and may be used to decrease scar tissue, increase blood flow, or decrease pain.

Interferential Current: uses electrical current to decrease pain, can also be used to elicit muscle contraction and decrease swelling.

Acupuncture: uses small, solid needles to encourage healing, reduce pain, and improve function of affected areas of the body.

What can you do at home?

Rest: by decreasing your activity you allow your body a chance to heal itself. When you start to feel better it is important to ease back into activities which might be aggravating. Listen to your body - pain means that you have done too much.

Ice: ice decreases the metabolism of your cells so that they do not die despite a decrease in oxygen to the injured area. Ice should be kept on for approximately 15 minutes, several times a day. The injured area should be elevated (above the level of your heart) at the same time. Use a wet towel between the ice and your skin to protect against frostbite. You can use frozen veggies, cold packs, or real ice.

