



Understanding Lower Back Pain

by NEWLIFEOUTLOOK TEAM

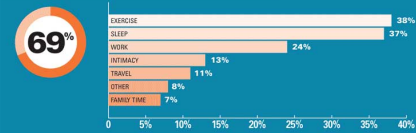
Low Back Pain by the Numbers

You can make your workplace environment safer for your back. Ask for a chair with a number of different ways to adjust it if you don't already have one. Adjust it so your back is upright and your feet are flat on the floor. Your computer monitor or monitors should be right at eye level so you don't have to alter the position of your neck to see your screen. Keep your mouse so that you can reach and use it comfortably. You shouldn't feel a strain in your muscles or your back when you move the mouse.

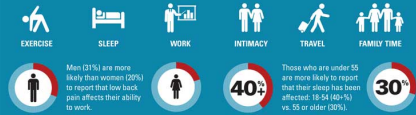


69% of survey respondents indicated that low back pain affects their daily lives.

What is affected most?



WHAT IS AFFECTED?

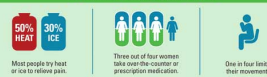


What causes low back pain?



What are people with low back pain doing about it?

TREATING THE SYMPTOMS



"Most of us will experience low back pain at some point in our lives, but it does not mean we have to suffer through it. Patients tell me all the time: I wish I came to you sooner. With the right treatment, people can reduce or eliminate low back pain and get back to doing what they love."

Movement: the often overlooked way to managing low back pain

4 IN 10 • Try exercise • Never see a medical professional



— James Irving, PT, PhD, ATC, FAPTA
President of the Orthopedic Section of the American Physical Therapy Association

Stay active, and do as much of your normal routine as possible (bed rest for longer than a day can actually slow down your recovery)

What will a physical therapist do for my low back pain?

After an initial examination to determine the cause of your pain, your physical therapist will design an individualized treatment plan. There is no one-size-fits-all approach.



- Treatment may include:**
- Manual therapy, including spinal manipulation, to improve the mobility of joints and soft tissues
 - Specific strengthening and flexibility exercises
 - Education about how you can take better care of your back
 - Training for proper lifting, bending, and sitting at work and at home, as well as proper sleeping positions
 - Assistance in creating a safe and effective physical activity program to improve your overall health

If your pain lasts more than a few days or gets worse, schedule an appointment to see a physical therapist.

A physical therapist will work collaboratively with other health care professionals to ensure treatment is comprehensive and consistent with your medical history. Patients in 46 states and the District of Columbia can go directly to a physical therapist for an evaluation of their low back pain and most cases, skip begin their treatment without a physician referral. Physical therapy is covered by federal, state, and private insurance plans.

How can you reduce your chances of having low back pain?

Maintain a Regular Physical Fitness Regimen

Maintain a regular physical fitness regimen that includes regular strengthening exercises to improve the strength and flexibility of the back, core, and leg muscles. See a physical therapist to ensure proper alignment when exercising. Fewer reps with good form are better than more reps with poor form. For more workout tips, visit <http://bit.ly/H7T10pw>.



Use Proper Body Mechanics During Activities



- Use proper body mechanics while at work, play, or doing daily activities, such as lifting, shoveling, or gardening:**
- 1 Use an upright chair with good low back or lumbar support.
 - 2 Position your computer monitor so the screen is at eye level, your head and shoulders are relaxed, and you don't have to crane your neck.
 - 3 Keep your mouse close to your body.
 - 4 Get up and stand straight and move around frequently, and do easy exercises at your desk such as backwards shoulder rolls.

More About Physical Therapists

Physical therapists are highly-educated, licensed health care professionals who apply research and proven treatments to help patients reduce pain and improve or restore mobility. Physical therapists have the most specialized education and expertise to help people with conditions such as low back pain restore and improve motion. Today's physical therapist is required to complete a graduate degree, either a masters or clinical doctorate, from an accredited education program. To find a physical therapist near where you live, visit MoveForwardPT.com and select "Find a PT." You may want to consider looking for a physical therapist who is a board-certified orthopedic clinical specialist (OCS) or who has completed a residency or fellowship in orthopedic physical therapy. This therapist has advanced knowledge, experience, and skills that may apply to your condition.

Learn more about low back pain or find a physical therapist near you at MoveForwardPT.com.



Are you a member of the media looking for more information on this research? Contact Erin Wendel at the American Physical Therapy Association: erinwendel@apta.org