

Do you experience Low Back Pain?

Low back pain is commonly experienced by individuals of all ages but that does not mean you need to live with the pain. Physiotherapy and exercise are effective for treating both acute and chronic episodes of low back pain!



What is Low Back Pain? It is any pain experienced in your lower back and can be centrally located or may radiate down into one or both of your legs. Although low back pain is extremely common among people of all ages, it is treatable and preventable in most cases!

CAUSES: Lower back pain can be caused by a multitude of different factors including:

- stress to the ligaments that support the spine or disc,
- changes to the joint or inflammation of a joint, or
- pressure being applied to nerve.

These factors are commonly produced due to:

- poor lifting techniques, poor body mechanics in sport,
- long periods of sitting or driving, poor ergonomic set up at work, or
- weakened core muscles (can also lead to muscular strains).

SIGNS & SYMPTOMS: Low back pain can occur as an acute or chronic problem, both of which are treatable by **physiotherapy**. Depending on the cause of the low back pain, it can be aggravated by activities such as sitting or walking. The pain can start centrally in your back or may radiate down your legs towards your feet. Low back pain is experienced differently by everyone but is often a dull and achy or sharp and shooting pain that comes and goes with different activities.

TREATMENT STRATEGIES: Primary strategies for treating low back pain include modalities such as heat, massage, manual therapy, and therapeutic exercise. A physiotherapist can provide a personal and specific treatment plan to help with your current lower back pain, as well as provide education and tools for prevention and self-management.

Self-management strategies for managing your low back pain at home and at work include:

1. Getting up from your chair once every hour to breathe, stretch and move.
2. Ensure your ergonomic setup is correct — [click here](#) or check out our website (body-works.ca) for more information.
3. Strengthen your core muscles — [click here](#) or check out our website (body-works.ca) for exercise videos and ideas.

Come in to Body Works Sports Physiotherapy for an individualized assessment to help you move better and feel better!