

## Physiotherapy Treatment of Low Back Pain

Physiotherapists are skilled in the management of back injuries. They provide a comprehensive assessment of your back to determine the source of the problem and to develop an individualized program to treat your injury.

Treatment may include:

- Manual therapy techniques
- Exercises to mobilize or strengthen appropriate muscles
- Postural retraining and general conditioning
- Education in proper body mechanics to prevent re-injury
- Modalities such as TENS, ultrasound, acupuncture, heat or ice

If your pain persists for more than a week or is getting worse, you should contact your physiotherapist or doctor.

Hours of Operation

Monday-Friday

7 am – 7 pm

Saturday appointments  
available

Kenaston Common  
Physiotherapy

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Call 489-4737

[www.kcphysiotherapy.com](http://www.kcphysiotherapy.com)

Kenaston Common  
**PHYSIOTHERAPY**

*Orthopaedic and Sports Injury Clinic*

## Low Back Pain



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Almost everyone experiences some type of back pain during the course of one's life. The pain may occur suddenly and be gone within a couple of days or weeks, or it may occur repeatedly and have a major impact on daily activities.

## What Causes Back Pain?

For many people it can be caused by poor posture and bad habits. The accumulated wear and tear our bodies experience on a daily basis puts our backs at risk. This increases with age as the spine begins to lose its flexibility. Daily activities such as gardening, housework, lifting, or reaching for something can trigger an episode of acute back pain.

**Postural Stress** - poor posture can put undue stress on the spine, and cause muscle tightness and weakness.

**Muscle Strains** - muscle injuries can resolve with time but severe strains need physiotherapy treatment to relieve pain and promote healing.

**Disc Injuries** - discs are shock absorbers of the spine and are anchored to the vertebrae so they cannot slip out of place. The disc has a soft (jelly-like) interior that can bulge, herniate, or even rupture with mechanical stresses like lifting or twisting. Discs also wear down over time which can cause problems later on in life.

**Arthritis** - joints can be affected by arthritis causing inflammation within the joint and the growth of bony spurs on the edges of the vertebrae.

Low back pain can radiate into the abdomen, groin, leg, or foot. This can be an indicator of the severity of the injury. Symptoms such as pins and needles, numbness or burning into the leg or foot indicate that the individual should seek treatment.

## Will it get better?

Minor injuries will improve within a couple of days. If the pain does not subside you should consult a health care professional.

## Preventing Back Pain

In order to prevent low back pain you should have good general physical conditioning and perform specific exercises to strengthen and mobilize the spine.

- **Lifting**- With your feet shoulder width apart, bend your hips and knees, keeping your back straight. Grip the load firmly and hold it close to your body, tighten your stomach muscles and use your legs to lift the object. Avoid twisting and point your feet in the direction you want to go.
- **Posture**- Think tall with your chest lifted, shoulders relaxed, chin tucked in and level.
- **Sitting**- Don't sit for long periods of time; stand up, stretch and walk around. Use a back support (lumbar roll) when sitting.
- **Exercise**- Healthy body weight puts less strain on your back. See a physiotherapist for exercises appropriate for you.
- **Driving**- Position your car seat so your back is supported and your legs are relaxed and slightly bent.
- **Sleeping**- Your mattress should be firm enough to support your spine in a neutral position (no sagging).

Visit us at [www.kcphysiotherapy.com](http://www.kcphysiotherapy.com)

Phone: 489-4737