



ACTIVEPHYSIO®

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PatientInformation

LowBackPain



About the condition

Pain in the low back arises from structures, which are either too tight (hypo- mobility) or too loose (hyper- mobility). Most people have a combination of both which contributes to their problem except in situations such as in pregnancy or structural change where hyper- mobility is the main issue.

Low Back Pain can arise from within the lower thoracic spinal segments, the five lumbar segments and/or the sacro iliac joints which are at the back of your pelvis.

The spinal segments are made up of the disc, many ligaments and

facet joints. These run down each side of the spine. The disc is made up of ligamentous tissue and contains a gel substance. Its role is to act as a shock absorber for the jarring that normal movement creates. The jarring is particularly wearing when the inner layer of the abdominal muscle does not act to support the spine.

Jarring leads to tissue wearing at the disc, the ligaments and joint capsules and sometimes the nerves, which exit the spine and supply your legs. This is why it is common to have leg pain and also changes in sensation, which accompany a back problem.



The spine is held in alignment through the continuous action of core muscles



The disc acts as a shock absorber pad

Usual symptoms include

- Pain in the back and occasionally the legs
- Difficulty in moving e.g can't straighten up or uncomfortable sitting
- Sleep can be disturbed with pain on rolling over
- Slumped positions such as that in a car seat cause pain
- Pain sometimes on coughing and sneezing
- Pain on weight bearing
- Changes in sensation in the legs

What we can do to help

- Massage and gentle joint manipulative techniques relieve the spinal segment and free it so you can move without pain
- We use strapping techniques in the acute stages to protect the vulnerable joints
- We use acupuncture or electrotherapy to relieve muscle spasm and promote healing
- We retrain your posture
- We strengthen the holding muscles of your back to support you
- We retrain your physical fitness and advise on ongoing activity
- We advise on ways to prevent recurrence of back pain
- We are planning to see you about __times over the next__ week(s)

Your local Active Physio:



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