

Midwest Physical Therapy

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Center



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Physical Therapy and Back Pain

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Low back pain is an affliction that most Americans will experience at some time during their life. There are countless workdays missed every year and countless sleepless nights due to the pain. What causes back pain is something that the medical community has been debating for decades. Is it the discs, the facets, the nerves, the sacroiliac joint, the soft tissue or a combination of the aforementioned? Diagnostic tests often fall short in determining the cause of low back pain.

As physical therapists we treat people with low back pain everyday and try to determine what the pain generator is but more importantly what is going on in their life that caused the pain to start. Low back pain is typically not brought on by one single injury. It is usually results after years of using poor body mechanics, maintaining poor posture, and not using proper trunk musculature that people will start to experience back pain.

Physical therapists use a good portion of their time educating patients. The most important thing we educate people on is body mechanics and proper posture. Using proper posture and body mechanics is crucial in both preventing and alleviating back pain. Posture is more important for a sedentary lifestyle and body mechanics is crucial for a lifestyle that includes repetitive movements and manual labor. If people were willing to make these lifestyle changes, the prevalence and severity of back pain would be greatly reduced.

The sedentary lifestyle that most Americans lead predisposes them to weakened core (back and abdominal) musculature. This weakness will lead to aberrant movement and early degeneration of the spine. As physical therapists we focus on strengthening these important muscles to give the spine more stability. We also address muscles that have become tight, leading to poor posture and placing undo compression on the spine.

Physical therapists spend a great deal of time watching how their patients move and try to determine if there is a biomechanical problem that is leading to their back pain. Do their patients limp when they walk, do their arches in their feet collapse or are they to rigid? These are just a few examples that may lead to back pain and can be addressed by the physical therapist.

If you are experiencing back pain that is not resolving or have questions about back pain or physical therapy treatment, please contact Midwest Physical Therapy and Sports Center at 402-436-2986 or 402-436-2535, or visit us at:

www.midwestphysicaltherapy.com

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For more information, contact:

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