What We Know About Your Lower Back Pain

• Low back pain is generally short-lived, though appropriate professional advice can be helpful.

• Bed rest has been proven to be harmful and may slow recovery.

• Research supports staying physically active and resume usual activities as soon as possible.

• If pain lasts for more than a few days or gets worse, then you should schedule an evaluation with your PT!
Common Low Back Injury

Did you know?

- 25% of people in the US experienced low back pain in the past 3 months.

- For some, it may return or hang on, leading to decreased quality of life or even disability.

- The most common form of back pain can develop after a specific activity such as bending, twisting or lifting, at times pain develops over time.

- **Common causes include:**
  - Poor Posture
  - Automobile Accident
  - Sports Injury
  - Lifting/Carrying
  - Repetitive Strain
  - Normal Aging
  - Herniated Disc
  - Degenerative Disc Disease
  - Sciatica
  - Spondylosis
  - Arthritis
  - Stenosis

Physical Therapy can help!

- Physical therapists are highly-educated, licensed professionals who can help you reduce pain and restore mobility, in many cases improving quality of life

Physical Therapy Assessment of Your Condition

- Our physical therapists will provide a thorough individualized evaluation based on your symptoms
  - Review of health history, questions about specific symptoms
  - Perform tests to identify problems with posture/flexibility/strength/joint mobility/functional movement
  - Screen to identify potential of serious health problems minimizing back pain
  - Functional assessment of body movement during work, home or leisure/sport activity

- At Delaware PT, we use the most recent, up to date research, to provide evidenced based practice and get you back on your feet!

- Although low back pain is rarely serious, if you experience the following symptoms see a healthcare professional immediately:
  - Loss of bowel or bladder control
  - Numbness in groin or inner thigh, or loss of muscle control in your legs.

What Will Your Physical Therapist Do For You?

- Create an individualized treatment program tailored to your back problem
- Reduce pain and increase your activity level
- Manual therapy techniques to the joints and soft tissues (muscles) to improve motion
- Restore motion and strength
- Provide education about care of your back and training for proper lifting, bending, sitting and work activities
- May prevent the need for more expensive or invasive treatments
- Identify factors which may increase your risk of re-injury

Call today to schedule an appointment.
We are on campus and open to the public!

**Phone:** (302) 831-8893
**Fax:** (302) 831-4468