



Lower Back Pain

WHAT IS IT?

Pain located at the base of the spine (lumbar sacral region), between the bottom of the ribs and top of legs. Pain has no specific cause but is often associated with muscular strain and spasm, repetitive actions or postures.

WHO IS AFFECTED?

- 60% of the adult population will have LBP in their lifetime
- Ages 41-50 years are most likely to have LBP lasting 1 month.
- Risk factors include obesity, physical inactivity, occupational and psychological conditions.



PROGNOSIS:

Most non specific LBP resolved in 4-6 weeks with medication, Physiotherapy and gradual return to activity. People with pain lasting over 12 weeks are higher risk of long-term pain and functional disability.

TREATMENT:

- Over the counter Pain relief, check with your Pharmacist on what's best for you if you have other health problems.
- Heat for muscle spasm
- Specific back mobility exercises
- Graded general aerobic exercises like walking, cycling, swimming.
- Physiotherapy including joint and soft tissue mobilisation.
- Gradual return to normal activities such as work, housework and hobbies.
- Long term-keeping weight at healthy levels, keeping physically active and investing in core strengthening programme.

ADVICE AND EDUCATION BY:

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