



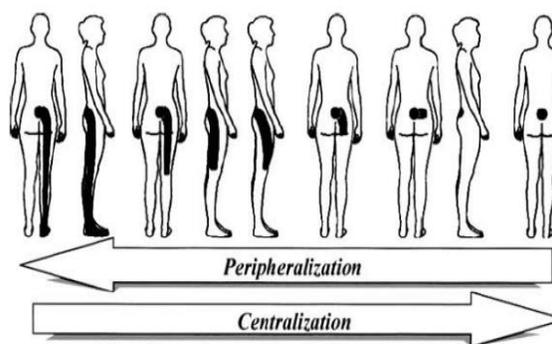
LBP is the most common reason people visit to the hospital or physiotherapy clinic. Most of us have experienced back pain at least once in life time. But, you can avoid back pain or prevent its recurrence by improving your physical condition and maintaining proper body mechanics.

Acute back pain comes on suddenly, often after an injury or heavy lifting. Whereas, pain that lasts more than 3 months is considered chronic. If you are currently experiencing LBP, one or two days of rest are indicated along with ice. After this short time period, gentle self-care back exercises can be started to restore mobility and decrease pain. Since poor posture is a major cause, maintain your proper body posture.

It may be necessary to visit a physiotherapist when your back pain persistent more than 3 days and interferes with your normal activities. The goals of physiotherapy are to reduce the pain, increase the functional activities and teach the patient to maintain the correct posture to prevent further back problems.

COMMON SYMPTOMS OF LBP

- muscle ache (stabbing or shooting pain)
- pain that radiates down to your legs along with numbness or weakness (sciatica)
- hard to move or stand up straight (tightness)
- pain when you cough or urinate



WHAT ARE THE CAUSES FOR LBP

- Muscle spasm or ligament strain
- Disc problem – bulging or rupture discs (herniation), degenerative disc disease
- Joint problem – facet joint dysfunction, sacroiliac joint dysfunction
- Skeletal problem – scoliosis, lordosis, kyphosis
- Bony problem – osteoarthritis, spondylosis, spondylolisthesis, osteoporosis etc.
- Spinal stenosis
- Trauma
- Certain disease such as cancer, kidney infection, ovarian disorders etc.

- Strengthening exercises (McKenzie method, core muscle exercises and dynamic lumbar stabilization) - These are specific exercise to strengthen your abdominal, back and legs muscles and also will help to maintain good physical shape and improve proper postural balance.

Dynamic stabilization exercises are variety of exercises that include exercise ball, balance machines to strengthen the secondary muscle of the spine and support the spine through various range of motion.



- Relaxation exercises.
- Aquatic therapy.

If the pain is sever can wear the back brace to stabilize and support the affected area but you shouldn't reliant on the brace as that will lead to further weakening of the muscle.

Depending on the cause of your back pain, there are some exercises you should avoid. Therefore, if you have a back pain, make sure to talk to your physiotherapist before you start the exercises to know what exercises are safe for you.

As we all know care is better than cure