

SAMPLE 3 – Private Client

Back Pain

Back pain is one of the most common problems causing people to seek treatment. Around 80% of people will experience some sort of back pain in their life and about half of the working population will deal with back pain at some point during the working year.

The majority of the time back pain isn't caused by a serious condition and can be easily treated bringing relief to the sufferer. Back pain is common due to the complicated structures of joints, bones, muscles and ligaments in the area. An injury may be due to muscle or ligament strains, joints problems or a ruptured disc. Often simply adjusting your lifestyle can bring relief from back pain.

Due to the complicated structures in the back, other areas may also be affected. This can include pins and needles, leg pain and numbness, which can be associated with back pain. Back physical therapy is important to manage back pain in the early stages, before it becomes chronic. So, it's important to seek treatment as soon as possible to avoid further problems.

The Causes of Back Pain

Back pain can be caused by many factors. One common cause is poor lifting techniques, or lifting heavy loads. However simple tasks can also cause back pain. Things like bending down to pick up something as light as a pen, or poor sitting posture may cause back problems. Your physiotherapist will be able to investigate the cause of your back pain.

Nerve Pain

Nerve pain, numbness and pins and needles are common back problems associated with injury or irritation to a nerve. The most common causes of this are due to an injury to the neck or lower back causing swelling and irritation affecting one of the lumbar or cervical nerves. Back physical therapy aims to reduce this irritation and relieve symptoms. Nerve irritation recovery can be slow, so treatment for this type of back pain can take time.

Treatment for Back Pain

Back physiotherapy can help by identifying the location of the problem and the causes. Physio for back pain will target the area that needs healing and help with prevention methods to avoid any future problems..

Back physiotherapy uses a variety of techniques to manage and ease back pain. This may include joint mobilisation, massage, exercises and soft tissue therapy. Your treatment will depend on your specific diagnosis. However, you may also benefit from prevention techniques which identify any weaknesses or areas of reduced flexibility which may increase the risk of further injuries. Often by improving posture or performing strengthening and stretching exercises improve these weaknesses and prevent a reoccurrence of your back problems.

Back pain can have a major impact on your life. It can interfere with daily activities and even have an effect on the ability to work. It's important to seek treatment for back pain as soon as possible to reduce the risk of it becoming chronic. Physio for back pain is an effective way to manage and treat many types of acute and chronic back pain. To book an appointment contact Integrity Physio today.