

# Need Back Pain Relief?



We can help relieve your.....

- Sciatica
- Low, mid. upper back pain
- Herniated discs
- Bulging discs
- Back pain due to arthritis
- Spinal Stenosis
- Radiculopathy

## Do you have difficulty with...

- Standing for prolonged periods
- Walking for prolonged periods
- Sitting for prolonged periods of time
- Getting out of bed in the morning without pain
- Bending down
- Lifting heavy objects

## Why does my back hurt?



Even with today's technology, the exact cause of low back pain many times may not be determined. In most cases, back pain may be a symptom of many different causes ranging from; overuse, trauma, degeneration of the spine including arthritis, infection, tumor, obesity, poor muscle tone, sprain or strain, or protruding or herniated disk.

Your spine relies on the unique movements of your pelvis, hips, legs, shoulders, and even your feet to function properly. It supports your body weight, gives you structure to stand upright, and protects the spinal cord, the information core of your body. Your back takes a beating everyday with ordinary sitting, bending, lifting, and walking activities.

Over your lifetime you can lose the following necessary factors for a healthy spine.

1. Flexibility
2. Strength
3. Posture
4. Stability

When any of the functions listed above are lost, the spinal joints, discs, and muscles become strained and as a result, painful inflammation can occur. Because the nerves from your lower back supply your legs and feet, pain, tingling, numbness, and even weakness can be felt from the buttocks down.

## Common Back Problems

### Back Strain

A **back sprain or strain** is a very common injury. This usually occurs with repetitive bending or twisting. This type of back pain can be severe. It can also occur with lifting objects improperly and putting too much stress on the low back muscles and ligaments. Some strains can be mild and heal within 1-2 days. If you have strained your back and it persistently lasts > 3 days, then you need help. The back is often weakened from repetitive strains and this leads to poor sensory mechanisms in the spinal ligaments and muscles. This puts you at risk for future injuries which can be worse.



### Sciatica

**Sciatica** is a very common phrase for pain into the leg. True sciatica is caused by a compression of the sciatica nerve deep in the buttock by one of the hip muscles called the piriformis. When

the piriformis spasms, usually from tight or weak hip joints, it presses down on the sciatic nerve. Symptoms can include pain usually down the back of the leg, numbness, and even tingling.

## **Herniated Disc**

A disc is a fluid filled sac in between the vertebrae or bones of the spine. It contains rings of tissue. In the middle is a jelly like substance that starts to ooze backwards when there is abnormal pressure or damage to the disc. This causes a bulging of the disc first and as it gets worse it herniates outwards sometimes pressing on the nerves going to the legs. Symptoms often include pain in the leg(s), numbness, tingling, and even weakness.

## **Back pain from Arthritis**

As we get older, the joints in our back wear down. The smooth cartilage wears down much like other joints such as the knee. The joints become stiff and make the spinal muscles around it weak and sometimes unstable. The result is usually painful stiffness which occurs worse in the morning and with prolonged standing or walking. Mobilizing and strengthening these stiff joints helps alleviate pain.

## **Spinal Stenosis**

**Spinal Stenosis** occurs primarily with aging. As we age, the discs in our spine dry out causing the spine to shrink. The result is that the holes in the middle of the spine (central canal) and the sides (foramen) shrink. This causes rubbing on the nerve roots exiting the spine. Typically, a long process of weakening in the spine from compressed nerves leads to pain in the buttocks and legs.

**How  
Reliefs  
Back**



**PRS  
Your  
Pain**

At PRS our Physical Therapists trained in manual therapy will work with you to formulate a plan that will address the root cause of your pain and show you from where your pain and limitations originate.

We start with a thorough evaluation of your back problem including your pain history. We evaluate your physical limitations, your movement, strength, coordination and balance. Your therapist will employ gentle hands on specific tests of movement to your spine and extremities. Treatment will begin on the first visit so that you can begin to experience relief.



Follow-up visits focus on the problem areas of most back pain problems. These involve gently restoring specific joint movements, increasing joint muscle coordination, core strengthening, and improving supporting spinal joint muscles strength. You will be taught the underlying cause of your condition as well as a specific program that will help you to stay pain free. Patients use this knowledge to alleviate their pain and keep it from returning.

Your treatment plan may include modalities such as ultrasound to relieve your pain, specialized manual therapy to increase your soft tissue and joint mobility, and a customized easy to do exercise program to strengthen key areas.

At Professional Rehabilitation Services Physical Therapy we have the knowledge and exclusive skills to treat your back pain and get you back to enjoying your life “Pain Free”.

## Free Consultation

Call for a [Free 15 Minute Consultation](#) with a Physical Therapist to learn more about getting pain free!

## Download our Referral

Download our referral and let your physician know we are **your choice** for your back pain relief.

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