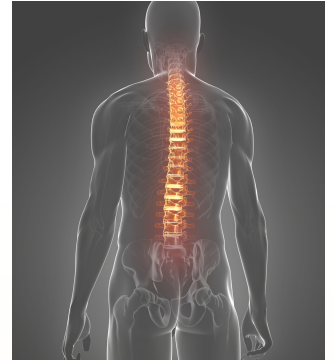


Back Pain

Low back pain is an extremely common complaint in our society today with up to 80% of the population suffering some form of low back pain in their lifetime. There are many causes of low back pain – Although injury can occur through direct trauma, issues arise more commonly through placing too much repetitive stress on the structures of our back including discs, joints, ligaments and muscles.



The nature of low back pain can also vary - Pain can develop gradually over a long period or come on suddenly and can be quite severe. Frequently acute injuries arise from lifting with poor technique, lifting beyond our physical capacities, and repetitive activities in a poor posture.

Like any other injury early treatment following a back injury involves management of inflammation and protection of the stressed tissue. Subsequent treatment will then depend on the nature of the injury and can be quite specific to the tissue involved. For example disc strains will be managed in a slightly differing manner to that of a joint strain. Therefore, thorough assessment by a physiotherapist is essential to ensure you are receiving the most appropriate treatment for your injury.

In nearly all cases it is important to maintain or return to normal daily and work activities as quickly as possible, but under the guidance of your physiotherapist who may suggest some initial restrictions. Research has shown that even when you still have soreness early return to activity and exercise significantly aids recovery.

It is also important to strengthen the supportive muscles around the injury as part of your rehabilitation. This has been shown to again aid recovery and is essential for individuals who suffer more severe injuries to provide the spine protection to cope with all heavy activity again. Your physiotherapist will guide you through a comprehensive strengthening program assisting you back to all normal activities.

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