

Low Back Pain



The conditions

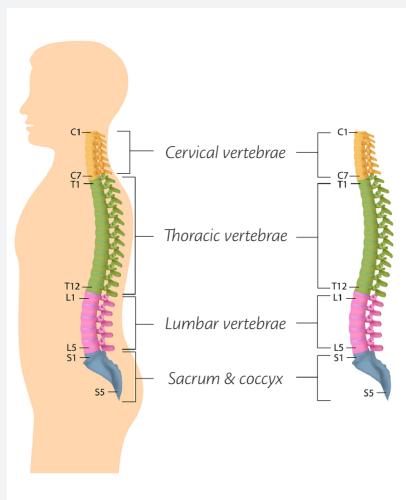
- Movement-related Low Back Pain
- Acute Disc Bulge Prolapse
- Sacroiliac Joint Dysfunction
- Facet Joint Dysfunction

+ Rehab + Pilates + Physio + Injury Prevention + Gym



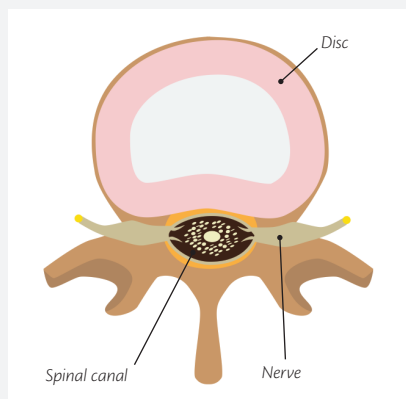
PATIENT INFORMATION

Areas of your Spine



The spine is held in alignment through the continuous action of core muscles.

Anatomy of the disc and important parts of spine



The disc acts as a shock absorber.

About the conditions

Pain in the low back often arises from structures which are either too tight or too loose. Most people have a combination of both which contributes to their problem.

Low back pain can arise from within the mid back region (lower thoracic spinal segments), the lower spine segment (five lumbar segments) and / or the sacroiliac joint which is a part of the pelvis.

The spinal segments are made up of the disc, many ligaments and facet joints.

The disc is made up of ligamentous tissue and contains a gel substance in the centre. Its role is to act as a shock absorber. Abdominal muscles play an important role in supporting the spine but if weak, fail to provide support leading to improper posture.

Injury, posture and normal aging leads to tissue wear at the disc and ligaments. Sometimes, pressure may be put on the nerves, which exit the spine and run into your legs. This is why it is common to have leg pain and sometimes changes in leg strength and sensation, which accompany a back problem. It is important to note that most simple back pain will settle with time, and gradual resumption of normal activities as soon as possible, and doesn't require x-rays etc in most cases.

Usual symptoms include

- Pain in the back and occasionally spreading to the legs with / without changes in sensation.
- Difficulty in moving e.g: can't straighten up or uncomfortable sitting.
- Sleep can be disturbed with pain on rolling over.
- Pain on sneezing and coughing and on weight bearing e.g: ascending and descending stairs .

What we can do to help

- Massage and gentle joint mobilization or manipulative techniques.
- We use strapping and / or acupuncture to relieve muscle spasm and promote healing.
- We retrain your posture and give advice on ways to prevent recurrence of back pain.
- We strengthen the core muscles that support your back and retrain your physical fitness and advise on ongoing activity.
- We give advice and reassurance about this common problem, as a positive attitude to low back problems also helps recovery.
- We can refer you to other health professionals for their input if indicated.

Your local Active+ clinic:

Copyright © Active Ltd 2017. This information is general advice only and is not intended to replace a medical consultation.

0800 22 44 86 www.activeplus.co.nz

+ Rehab + Pilates + Physio + Injury Prevention + Gym


active+