



VALIR PHYSICAL THERAPY: MANAGING BACK PAIN

It's important to know your body's limitations and to be aware of your body position. Learn to recognize when your back is at the greatest risk: bending, lifting, reaching, twisting, etc. Then take measures to avoid an injury.

Your discs are spongy and cushion the vertebrae in your spine, but discs have poor blood supply. When you move, fluid circulates through the discs. When you sit still, the fluid is wrung out, so you're depriving discs of nutrition. Sitting at a desk, on the couch, or long trips in the car, all add stress to your back.

COMMON CAUSES OF BACK PAIN

1. Exerting too much force on your back, such as by lifting or moving heavy objects.
2. Repeating movements, especially those that involve twisting or rotating your spine.
3. An inactive job or a desk job can contribute to back pain, especially if you maintain poor posture.

IF YOU ARE HAVING LOW BACK PAIN RIGHT NOW:

- Stay active, and do as much of your normal routine as possible. Bed rest for longer than a day has been shown to actually slow down recovery, in some cases.
- If your pain lasts more than a day or gets worse, schedule an appointment to see your physical therapist.

NOT ALL LOW BACK PAIN IS THE SAME.

At Valir, we tailor your treatment for your specific symptoms and condition. We will identify the factors that have contributed to your specific back problem, and design an individualized treatment plan that fits your life style. Treatments may include:

- Manual therapy, including spinal manipulation and massage, to improve the mobility of joints and soft tissues and addressing the source of pain or dysfunction.
- Specific corrective, strengthening and conditioning exercises.
- Education about how you can take better care of your back, and **P**inciples of **R**est, **I**ce, **C**ompression, and **E**levation (aka **PRICE**).

