

LOW BACK PAIN



DID YOU KNOW?

Over 80% of Canadians will experience low back pain at some point in their lives. The Canadian medical cost of low back pain is estimated to be between \$6-12 billion per year, with additional costs associated with loss productivity and disability payments.

PHYSIOTHERAPY CAN HELP!

The physiotherapists at Willow Health Centre offer **Evidence-Based** care to identify the cause, alleviate pain and restore pain-free movement and function.

HOW DOES PHYSIOTHERAPY WORK?

- Physiotherapists use hands-on joint and soft-tissue mobilizations to improve pain-free range of motion.
- Physiotherapists prescribe therapeutic exercises to strengthen joint stabilizers and improve function.
- Physiotherapists can provide therapeutic modalities such as acupuncture for pain and edema management.
- Physiotherapists can diagnose musculoskeletal dysfunction and provide patients with condition-specific education to empower patients on their healing journey.

The physiotherapists at Willow Health Centre empower patients through education and early active return to function.



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BEST PRACTICE EVIDENCE

- Physical therapy is as effective as surgical decompression for patients with spinal stenosis, in improving function. ¹
- Physical therapy is as effective as surgical fusion, for patients with lumbar degenerative disc disease, in improving pain, health status, satisfaction, or disability. ²
- Physical therapy significantly decreases the incidence of acute musculoskeletal pain progressing to chronic pain. ³
- Early physical therapy referral (less than 4 weeks), compared to referral after 3 months, reduces the need for lumbosacral injections and physician visit frequency in patients with low back pain. ⁴
- Work rehabilitation programs, discussion regarding functional ability to return to work and positive recovery expectations from health care providers are some of the top predictors for a shorter time on disability benefits in patients with low back pain. ⁵
- Exercise alone or in combination with education is an effective way to prevent low back pain. Interventions such as education alone, back belts, and shoe insoles, do not appear to prevent low back pain. ⁶
- Level 1a evidence shows that pilates and other forms of exercise are superior to minimal interventions, in reducing pain and disability in patients with persistent non-specific back pain. ⁷

Consider referring to Willow Health Centre when patients present with low back pain! We are dedicated in providing **Evidence-Based** care, using the best of the best rehabilitation techniques to ensure patients meet their goals for a pain free and active lifestyle.

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