

# Slievemore Physiotherapy Acupuncture & Sports Injury Clinic & Slievemore Pilates

## ‘Putting people in motion’

Low Back Pain is a common disorder. It has been reported that up to 80% of people report low back pain over their lifetime. With so many people being affected by low back pain we feel that it is beneficial to provide people with further information and provide education and advice regarding their back pain. We have therefore decided to dedicate the second edition of our newsletter to low back pain.

If you have any queries regarding the information provided or would like further information please do not hesitate to contact one of our chartered physiotherapists.



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## Low Back Pain

It has been highlighted that 85% of patients with back pain are classified as having non-specific low back pain. Non-specific low back pain has been defined as tension, soreness and/or stiffness in the lower back region for which it isn't possible to identify a specific cause of the pain. There are many factors associated with the cause of low back pain which include facet joint sprains, intervertebral disc pain or muscle strains, although these can be contributing to pain they may not necessarily show up on an MRI scan. Also poor posture, muscle imbalances or impaired flexibility can contribute to pain.

As physiotherapists we are specifically trained for the management of back pain. We work alongside the GPs and consultants as required.

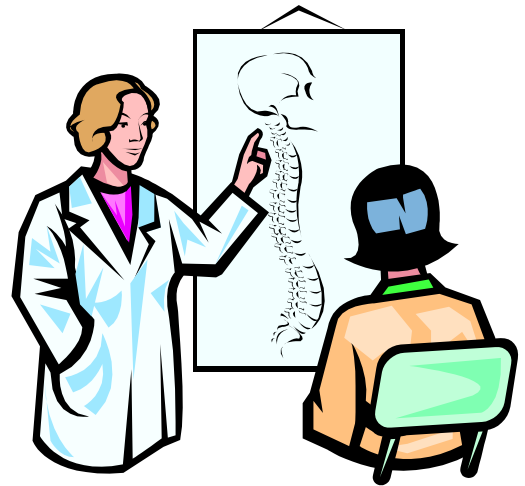
## Red Flags

Occasionally, back pain may be a sign of another illness. You must talk to your GP if you experience back pain and any of the following

- difficulty passing or controlling urine
- numbness in the genital or back passage area
- numbness, pins and needles or weakness in both legs or unsteadiness on your feet

## Role of the Physiotherapist

- ◆ Use Clinical reasoning skills to assess, diagnose and treat LBP specific to each patient
- ◆ Carry out a subjective examination to rule out red flags and to establish history and nature of pain
- ◆ Carry out an objective assessment which consists of observation, visual inspection, neurological assessment if required and palpation
- ◆ Compile a treatment plan that will be most effective for the patient. The NICE guidelines published in 2009 recommended that patients should commence one of the following treatments to help reduce their low back pain:
  - (a) exercise programme
  - (b) course of manual therapy
  - (c) course of acupuncture
- ◆ Provide education and advice. The NICE guidelines highlighted that self management should be promoted. People with low back pain should be advised to exercise, to be physically active and to carry on with normal activities as far as possible



## Back Care Advice

- ◆ Maintain a good posture throughout the day.
- ◆ Avoid staying in one position for too long. If you sit at a desk during work, stand up and stretch regularly
- ◆ Choose upright chairs where you are well supported and sit well back in the chair
- ◆ Be active. Regular physical activity will help keep your back strong and flexible and can elevate your mood
- ◆ Walking is one of the best forms of exercise
- ◆ If you have to lift consider the task and plan how you are going to lift. Keep the load as close as possible. Bend your hips and knees so that your legs not your back carries out the work

## Back Rehabilitation Classes

We are delighted to announce the beginning of our new Back Rehabilitation Classes. The classes will begin on Tuesday 2nd March at 7:15pm. The aim of the classes are to provide education, advice and a suitable exercise programme for patients with a history of low back pain. Each class will be 1 hour in duration and the programme will run for 6 weeks. Prior to commencing the programme patients are required to attend for a 1:1 clinical assessment with a chartered physiotherapist. If you have any queries regarding the back rehabilitation classes please do not hesitate to get in touch.

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