

# 5 EASY STEPS

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## TO REDUCE LOWER BACK PAIN



Lower back pain is the most common reason for a doctor visit, second only to the common cold. Whether you're 16 or 63, suffering from acute or chronic lower back pain can affect your life.

“Approximately 8 out of 10 people will experience back pain at some point in their life.”

Addressing the root cause of your pain will prevent future problems. Masking your pain with drugs is merely a “quick fix” and doesn't address the root cause. There is a way to manage your lower back pain on your own without the use of harsh drugs or surgery, and we'll tell you how!

### What are Some of the Main Causes of Lower Back Pain?

1. Weekend Warfare
2. Improper lifting and bending
3. Being in a sitting position too long
4. General wear and tear
5. Ongoing ailments such as arthritis

Even if you are physically active and are in “good physical condition” there is still a chance that you can suffer from back pain due to injury or strain in your back. Lower back pain doesn't just affect those that are older but it can affect someone as young as 17 years old.

### How YOU can Manage your Lower Back Pain

Knowing how to manage your lower back pain will be an important part of your recovery, as well as make it easier to avoid doing more damage to your back. The best part is you can do this on your own at-home!

1. **Avoid sitting for more than 20-minute durations.** – Sitting is the worst thing for your discs and spine. Taking 2-minute stretch breaks once every hour will help release some of the tension you are putting on your spine.
2. **Avoid excessive pushing, pulling and twisting.** – If you are experiencing any pain at all, for the next 2 weeks.
3. **Avoid lifting more than 30lbs off the ground without help.** – For example carrying groceries or a laundry basket. Even your daily activities have the ability to injure your back even more.
4. **Apply ice to the area where you are experiencing pain.** – Ice helps with inflammation and swelling.
5. **Practice proper posture** – If your work environment consists of sitting for long periods of time, having the proper posture can help to take some of the strain off your injured back. Keep both feet flat on the floor with your knees

level with your hips. Sit fully back in your chair with your chin in slightly and shoulders relaxed.

When you are suffering from lower back pain it is important to stay conscious of your movements. Making sudden body movements can cause you to reinjure your back or cause the affected area to become irritated and inflamed.

### What are the Different Types of Lower Back Pain?

Knowing which pain you are suffering from will help to speed your recovery.

There are two types of pain that you can experience,  
acute or chronic pain.

Typically acute lower back pain subsides on it's own within 2-6 weeks. If you've been suffering from lower back pain for 12 weeks or longer this is considered chronic pain and could indicate a bigger problem.

There are a variety of options available if you are experiencing chronic lower back pain. Physical therapists are trained to not only manage chronic lower back pain but also get to the root cause of your pain, injury or weakness and help you to prevent future problems.

### What Kind of Treatments Help with Lower Back Pain?

Physical therapy treatments that have been proven to help with lower back pain include:

- Massage
- Controlled heat application
- Ultrasound
- Laser Therapy
- Electromagnetic Therapy

Most of these treatments can be covered by your insurance. If you don't have insurance, most physical therapy clinics will work with you on the cost of your care. Be wary of physical therapy clinics that don't offer hands on treatments. If you don't feel improvement within 6 sessions, you should speak with your physical therapist about your treatment program.

*It's important to do your research on the physical therapist you are considering going to. You want to know who you are trusting with your health!*

Most lower back pain can be managed using these 5 self-help tips and typically will subside on it's own. If you are suffering from chronic lower back pain it is important for you to seek treatment to address the root cause of your pain. Chronic back pain increases the risk of developing other diseases, such as cancer.

Contact us today at **1-800-905-0513** to schedule a FREE hands-on consultation. You are also eligible to receive one **laser therapy treatment for only \$19**. Visit us at [www.RestorePlusNY.com](http://www.RestorePlusNY.com) for more information about our treatment programs.

We're here to help you live a pain free life!

Sincerely,

Reginald Tiu

Physical Therapist / Owner  
Restore Plus Physical Therapy & Rehabilitation