



LAURIE CARE CENTER THERAPY  
DEPARTMENT NEWSLETTER

## Therapeutic Exercise Can Decrease Chronic Low Back Pain

Low back pain occurs in 8 out of 10 people in the human race at sometime during life. Most will recover from the acute (sudden onset) pain, but often it will last for months or years. If your low back pain lasts for more than three months, it is defined as chronic pain. Of course, chronic low back pain can significantly impact your ability to work, recreate, and enjoy life.

Most agree that patients with chronic low back pain require a multidisciplinary approach. There are often physical, psychological, and social issues involved with chronic pain.

With respect to management of pain and the recovery of function (your ability to perform daily activities), a recent study concluded that back stabilization exercises can decrease pain and improve function better than hands-on therapy or patient education alone.

A lumbar stabilization program consisting of specific exercises that target the stabilizing muscles of the low back was the key treatment intervention. Specifically, the transversus abdominus, the multifidus muscles and the pelvic floor and diaphragm muscles, were trained in this study. The patients were involved in the treatment program for 10 weeks and significant benefits were noted 3 months, 6 months and 1 year after treatment intervention.

Physical therapists are the healthcare provider of choice when it comes to conservative management of problems like chronic low back pain. Most physical therapists agree that an exercise program is an important component of the rehabilitation process. This recent study confirms what physical therapists have known all along - a lumbar stabilization exercise program can decrease pain and improve function in chronic low back pain patients.

New research is helping to shed light on the most appropriate treatment intervention for chronic low back pain. This study verifies that a lumbar stabilization program is a better treatment choice than manual therapy or patient education alone.

If you or someone you know is suffering from chronic low back pain, have them give us a call. We can help.

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