

LOW BACK PAIN

PREVENTION:

- Exercise programs prescribed and monitored to the patient by your OPTC Physical Therapist.
- Exercises in the program will focus on strength, flexibility, postural awareness, and body mechanics.
- Oxford Physical Therapy Centers goal is to “Put more life in your years.” We do this by providing the education and awareness of proper lifting techniques, proper body mechanics and the insight on how to live a safe, active and healthy life.

Information, Prevention & Treatment



OXFORD CENTER

10 N. Locust St., Suite A
Oxford, OH 45056
513.523.9391

MASON CENTER

5600 Deerfield Blvd.
Mason, OH 45040
513.229.7560

TRI-COUNTY/FAIRFIELD CENTER

3787 Woodridge Blvd.
Fairfield, OH 45014
513.874.1999

HAMILTON CENTER

543 Park Avenue
Hamilton, OH 45013
513.874.1999

BLUE ASH CENTER

9469 Kenwood Road
Cincinnati, OH 45242
513.745.9877

WEST SIDE CENTER

2859 Boudinot Ave., Suite 205
Cincinnati, OH 45238
513.701.6520

HYDE PARK/NORWOOD CENTER

4030 Smith Road, #50, L1
Cincinnati, OH 45209
513.631.1988

FLORENCE CENTER

430 Meijer Drive
Florence, KY 41042
859.538.1165

EASTGATE CENTER

4450 Eastgate Blvd.
Cincinnati, OH 45245
513.947.0123

INDEPENDENCE CENTER

1814 Declaration Dr.
Independence, KY 41051
859.356.4600



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- HYDE PARK/NORWOOD
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- MASON
- HAMILTON
- WEST SIDE
- FLORENCE
- INDEPENDENCE

Oxford Physical Therapy Centers lead in musculoskeletal healthcare by serving, rehabilitating, and caring for the total patient and athlete. Our commitment is demonstrated by engaging in education, advancing our profession, and acting as a resource to our community.

Begin...with the end in mind.

oxfordphysicaltherapy.com

LOW BACK PAIN



DESCRIPTION:

Low back pain is defined as pain located between the rib cage and the buttocks and may extend down to the leg and foot. Some may experience numbness, tingling or weakness in the legs. Pain felt in your lower back may come from the spine, muscles, nerves, or other structures in the back. Low back pain can effect movement such as twisting, turning or bending.

SIGNS AND SYMPTOMS:

- Pain or ache in the area of the back between the ribs and the top of the legs.
- Pain may travel to the buttocks or further down the leg to the foot.
- Pain may increase with twisting, turning, or bending.
- Spasms in low back
- Pain that hinders ones function to perform activities of daily living
- Sneezing, coughing, or laughing may increase pain
- Tingling and/or burning sensations
- Weakness

CAUSES:

- Scoliosis (curvature of the spine)
- Arthritis
- Trauma or injury
- Muscle strain
- Bulging or herniated disc
- Degenerative disc disease
- Nerve irritation
- Pelvic malalignment
- Muscle tightness

TREATMENT:

Your personal Oxford Physical Therapy Centers (OPTC) physical therapist will perform a thorough spinal evaluation. Upon completion of your evaluation your physical therapist will design an exercise program tailored to your specific needs and goals.

IF CONSERVATIVE TREATMENT FAILS:

- Consult your OPTC Physical Therapist to review your daily activities as modifications of these activities may be necessary.
- Future consultations with a physician who specializes in spine care may be warranted.