
CHRONIC LOW BACK PAIN

definition

Pain perceived in the lower back, persisting for at least three months and that often doesn't respond to initial treatments of resting, ice/heat, or gentle stretching.

symptoms

Low back pain can be experienced as anything from a dull ache to sharp pain. It can shoot into the legs, or it can trigger pain in the SI joint, hips, or groin. Chronic low back pain is also often associated with incontinence or urinary urgency/frequency.

diagnosis

Low back pain is diagnosed exclusively by the symptoms, though a more specific diagnosis is sometimes given after imaging or other examination.

PT

The pelvic floor muscles also help stabilize the low back, and they can become tight and strained trying to protect the back. Up to 95% of patients with chronic low back pain have associated pelvic floor dysfunction, which must be addressed for long-term healing.



physical therapy is the most proven treatment for chronic low back pain

Often patients come to pelvic floor PT after medical management or traditional orthopedic physical therapy has not been effective. Many describe it as treatments not 'sticking' - they feel better for a day or two, but symptoms just spring back.

Pelvic floor physical therapy can address both the external and internal trigger points and dysfunction that cause low back pain to treat the entire pelvic girdle.

multi-disciplinary approach

PATIENTS ALWAYS BENEFIT FROM A MULTI-DISCIPLINARY APPROACH IN ADDITION TO PHYSICAL THERAPY. THIS CAN INCLUDE ONE OR MORE OF THE FOLLOWING:

Lowering stress levels with gentle exercise, meditation, yoga, or deep breathing can reverse nervous system upregulation to alleviate chronic pain.

STRESS RELIEF

With any source of chronic pain, reducing foods that cause inflammation can markedly improve symptoms.

DIET & NUTRITION

Acupuncture has been shown to reduce pelvic pain symptoms for some patients, and many patients report benefits with supplements.

ALTERNATIVE TREATMENTS

Over-the-counter or prescription pain medication, or anti-depressants to dampen the nervous system, are often prescribed.

ORAL MEDICATION

A steroid injection can alleviate inflammation and provide symptom relief, though it doesn't address the underlying cause of pain. Typically injections are tried only after more conservative treatment.

INJECTIONS

additional resources

www.PelvicSanity.com/orthopedic-pelvic-pain

Finding Pelvic Sanity Online Support Group (www.Facebook.com/groups/FindingPelvicSanity)
