

Why do I have Back Pain?

Our backs tend to be exposed to many **mechanical stresses** throughout a normal day. This may be in the form of micro or small damage eg repetitive bending while vacuuming or picking up hand tools from a low lying cupboard. Your back can also sustain injury from a one off event if the demand you put on your back is too great eg. Lifting a toddler off the ground or moving a loaded trailer manually.

Regardless of the mechanism of injury if you have hurt your back there is a good likelihood you now have injured one or more tissues in your back. Injured tissue can include one or more of the following; **vertebral disc, ligament or muscle**.

Research shows that the extent and location of damage is difficult for even the most experienced clinician to determine accurately. Of course scans such as MRI will help in the accuracy of diagnosis, but rarely used in a good assessment and successful treatment of spinal pain.

So now that I have back pain what can I do about it?

A physiotherapist is very well trained at assessing your back pain and developing a treatment plan that will best assist in **natural healing** of the injury.

Like any tissue damage in the human body the back is capable of some degree of full healing. Therefore it is of utmost importance that a regime is put in place to allow best healing of the injured tissue.

A physiotherapist is also aware of his/her scope of practice and is very capable of referring you to your local general practitioner for more investigations if warranted.

Physiotherapy Assessment

A Physiotherapy assessment is aimed at getting to the source of the pain/dysfunction by a thorough examination of the discs, ligaments, joints and muscles of your back. This is done by a selection of movement and special tests that are well researched and developed over many years of quality physiotherapy practice.

Physiotherapy Treatment

Physiotherapy treatment for back pain is varied and that is because treatment should match every individual case. So there is no recipe fix and you should not try to compare your treatment regime to your friend that appears to have the same problem as you. You should be in constant communication with your physio to best quantify and qualify your rehab progress.

Self Help

Last but certainly not least. A physiotherapist will advise you on what you can do for yourself to increase likelihood of a successful rehabilitation after back injury. Not only will this save you money, research supports a well structured exercise program and education is one of the best ways to heal back injury and stop it from reoccurring.