

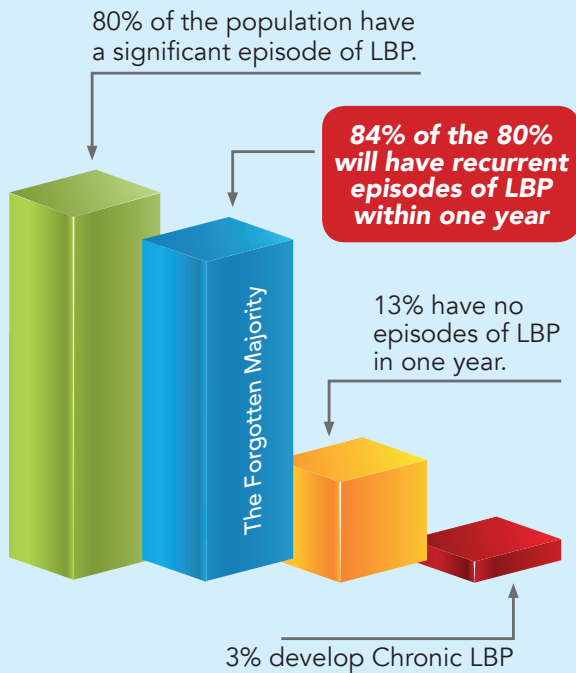


BACK PAIN MANAGEMENT

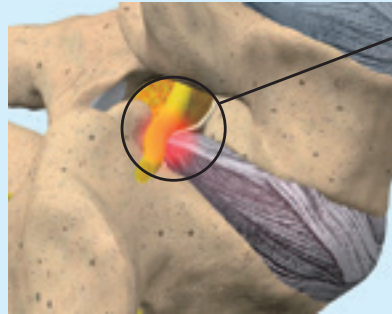
Spinal Stability Strengthening for Low Back Pain

- Understand the problem
- Remove the contributing factors
- Put the issues finally behind you

The Incidence of Back Pain

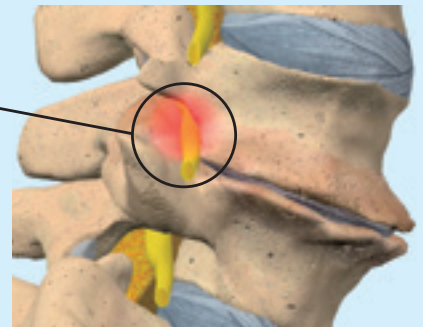


The Hidden Problem



- Recurrent Injury or Pain CAN LEAD TO:
 - Joint compression
 - Narrowing of exit points for nerves - "pinched nerve"
 - Disc space narrowing

- This will worsen over time
- More significant disc space narrowing and nerve compression
- Advanced degeneration and loss of muscle control causing spinal instability due to weakening of the spinal stabilising muscles (your core)



The Exercise Solution

- Progressive Exercise Program
- Individualized
- Problem Specific



- Overall Trunk Stability
- Posture Correction
- Strength & Endurance

Core Trunk Stability



- Abdominal muscles and lumbar multifidus become weak after back pain.
- These muscles DON'T recover spontaneously .
- Persisting weakness creates "instability" between spinal joints, leading to further pain and recurrent injury

- Studies show that multifidus recovery is more complete in patients who undergo a specific exercise program
- Retraining multifidus and core muscles enhances spinal stability
- This reduces damaging shearing forces on discs and joints

