

# Boyertown Soccer Club Health Information

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Information Provided By Our Sponsor:



1810 Swamp Pike, Gilbertsville, PA19525

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## **CONDITION - Low Back Pain:**

### **What is Low Back Pain?**

Pain and stiffness in the lower back. It is one of the most common reasons people miss work. Low back pain is caused by injury to one or more of the muscles, ligaments, bones or nerves in the lumbar spine.

### **How does low back pain occur?**

There are many ways one can injure their low back. Improper lifting techniques, trauma (Car accidents, falling, sports injuries, etc.), postural imbalances and repetitive overuse are a few of the more common causes of injury.

### **What are the symptoms?**

- Pain in the lower back or legs
- Muscle spasms
- Stiffness/Limited motion
- Numbness and tingling in the back or legs
- The pain may be constant or may become worse with movement

### **What can a chiropractor do?**

#### **TREATMENT:**

- Manipulative therapy to the joints in the lumbar spine
- Manual therapy such as Graston Technique or Active Release Technique to treat the muscles and ligaments of the low back
- Active lumbar rehabilitation exercises to improve range of motion, and increase strengthen and endurance the muscle around the spine
- Muscle stimulation (EMS) and ICE to decrease pain and control inflammation