



Peak Physical Therapy and Wellness Newsletter

CURRENT CONCEPTS - BACK PAIN

It is estimated that 80% of the human race experiences low back pain at least once throughout their lifetime. Low back pain patients comprise a significant percentage of most any physician or physical therapy practice.

Coming Soon

Lumbar Stabilization versus Core Strengthening

Research suggests that low back pain is not as innocuous as previously reported. The results of recent studies indicate that the reoccurrence of pain is common in 60-80% of patients with low back pain (1), and that approximately one half report pain and disability at 5-year follow up (2).

Additional research indicates that patients with chronic low back pain experience muscular atrophy of the multifidi and transversus abdominus muscles - two key back stabilization muscle groups. It is hypothesized that these muscles act as the body's own "natural back belt" and with pain and atrophy, dysfunctional movement and potentially harmful forces are placed on spine by the larger erector spinae muscles.

Physical therapists often address episodic pain and weakness with a variety of therapeutic exercise programs and treatment techniques. Lumbar stabilization employs a series of exercises that target the atrophied muscles mentioned above. While attractive in theory, recent literature indicates that a well rounded general exercise program of the trunk muscles may be the most attractive model used to address episodic low back pain. (3)

Further research will continue to shed light on the most appropriate treatments for low back pain. But for now, we can safely conclude that low back pain is common, reoccurs in at least half that are afflicted, and a good trunk strengthening program can decrease pain and disability in the short term.

As experts in evaluation of low back pain patients and the development of individualized core strengthening programs, our practice is ideally suited to meet the needs of your patients suffering from low back pain.

1. Skargren EI, et al. One-year follow-up comparison of the cost and effectiveness of chiropractic and physiotherapy as primary management for back pain. Subgroup analysis, recurrence, and additional health care utilization. *Spine*. 1998 Sep 1;23 (17):1875-83

2. Enthoven P, et al. Clinical course in patients seeking primary care for back or neck pain: a prospective 5-year follow-up of outcome and health care consumption with subgroup analysis. *Spine*. 2004 Nov 1;29 (21):2458-65

3. Koumantakis GA, et al. Trunk Muscle Stabilization Training Plus General Exercise Versus General Exercise Only: Randomized Controlled Trial of Patients With Recurrent Low Back Pain. *Phys Ther*. 2005; 85:209-225



Our Services

Sports Medicine
Spine Care Program
Orthopedic Rehab
Post Surgical Rehab
Neurological Rehab
CardioPulm. Rehab
Gait/Balance Program
Work Related Rehab
Computerized Gait
Transitional Fitness
Personal Training
Massage Therapy
Wellness Coaching

Clinics

Peak Physical Therapy and Wellness

99 Longwater Circle
Ste 201
Norwell, MA 02061
781-347-4686
781-347-4696 (fax)

Peak Physical Therapy and Wellness

10 New Drift Way
Ste 303
Scituate, MA 02066
781-378-2352
781-378-1760 (fax)

Peak Physical Therapy and Wellness

15 Pacella Park Dr.,
Ste. 110
Randolph, MA 02368
781-986-0990
781-986-0991 (fax)

"...a good trunk strengthening program can decrease pain and disability in the short term."