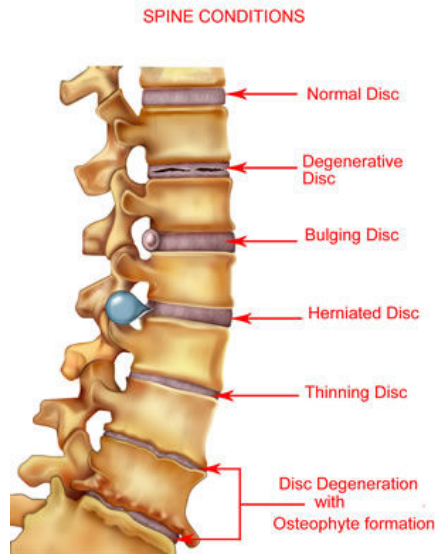


Lumbago (“Low Back Pain”)

Lumbago is the term used to describe general low back pain. The exact cause of the lumbago is multi-faceted. The lumbar muscles are postural musculature meaning they constantly work during weight-bearing positions. When the abdominal musculature is weak and unable to stabilize the spine during daily activities, the back musculature will attempt to stabilize the spine producing muscular pain.

- Anatomy



- Mechanism of Injury

- Improper body mechanics during exercise that causes shearing and/or stress on the joints, or tightness of the surrounding tissues
- Overuse
- Age/Degeneration of the area

- Treatment

- Manual Therapy to lumbar spine
- Joint Mobilizations
- Ultrasound
- Posture/Body Mechanics focusing on engaging core musculature during daily activities.
- Therapeutic Exercise/Pilates for core and pelvic stability
- Ice and Electric Muscle Stimulation
- Home Exercise Program