

# MANAGING LOW BACK PAIN

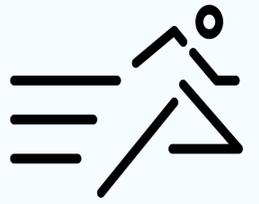
# PHYSICAL THERAPY

## VS. IMAGING :

**80%**  
OF  
PEOPLE HAVE  
LOW BACK  
PAIN

**MOST HAVE IT. MOST DON'T NEED IMAGING.**

**Early PT intervention is KEY**



## Physical therapy:



### Saves health

- PT will :
- ↓ the likelihood for surgery
  - ↓ risk of re-injury
  - ↓ potential need for opioids
  - ↓ radiation exposure



### Saves energy

- PT improves energy and fitness.
- When you feel better, you move better



### Saves money

- Individuals who participated in PT FIRST, on average, spent
- \$4,793 LESS** on associated health costs, than those who had MRI imaging FIRST

## So how can PT help YOU?

Treatment can include:

### Manual Therapy

A hands on approach that works to restore optimal function and mobility and decreases your pain

- Traction
- Stretching
- Massage

### Personalized Exercises

Exercises that improve coordination, strength, and endurance to better support your back

- ↓ pain and disability

### Education

- Information on your diagnosis
- Understanding the anatomical structures involved
- Counseling strategies
- The importance of movement with pain

Physical therapists have advanced knowledge of the musculoskeletal system and are experts in recognizing and treating impairments that lead to pain and dysfunction.

**Take charge of your pain today.**



If you are experiencing any of these symptoms, contact your provider and imaging may be indicated: Progressive weakness, any changed in bowel/bladder habits, fever and/or night sweats, unrelenting pain that does not relieve with change in position