

RehabWORKS!

A Review of Evidence Based Medicine for Common Musculoskeletal Injuries or Conditions

Low Back Pain

Epidemiology:

The lifetime incidence of low back pain is 90%. Billions of dollars are spent each year caring for LBP.

Evidence Based Treatments:

Acute Low Back Pain: Patients treated with a treatment based classification approach experienced significant reduction in pain, disability and work restriction when compared to traditional care.

- Based on a trial of 1,334 patients with acute LBP, manual therapy (i.e. mobilization) and exercise is recommended over a “wait and see” approach.
- 90% of patients treated with manual therapy (i.e. mobilization) and exercise experienced a 50% reduction in disability and pain within 1 week when the following findings were present.
 - Current Episode of symptoms is < 2-3 wks.
 - Symptoms do not extend below the knee.
- Patients who have a directional preference (i.e. Symptoms centralize and/or reduce with either spinal flexion, extension or lateral shift) have a 50% reduction in pain, disability and medication use when treated with exercises that reproduce the directional preference.
- Patients with early access to physical therapy return to work sooner than when referral is delayed.
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Chronic Low Back Pain: Rates of recurrence of low back pain are reported to be as high as 60% to 80%. Specific strengthening of the multifidus muscles can reduce the likelihood of recurrence.

Using a spinal stabilization program, patients with 3 or more of the following findings achieved a 50% reduction in disability 67% of the time.

- Average SLR > 90 deg.
- Aberrant movements with lumbar flexion.
- Positive prone instability test.
- Younger than 40 years old.

Who to Refer: Patients with acute or chronic LBP.

How to Refer: Fax us the patient's contact info and a PT order to 435-753-7305, or call us at 435-753-1556, and we'll take care of everything.

