



## #ChoosePT for Low Back Pain

If you have low back pain, you are not alone. At any given time, about 25% of people in the United States report having low back pain within the past 3 months.

There are 3 different types of low back pain:

- Acute – pain lasting less than 3 months
- Recurrent – acute symptoms come back
- Chronic – pain lasting longer than 3 months

**If your low back pain is accompanied by loss of bowel or bladder control or numbness in the groin or inner thigh, you should go to the emergency room.**

Managing chronic pain is complex. While in some situations, when dosed appropriately, prescription opioids are an appropriate part of medical treatment; there are risks, including depression, addiction, overdose, and withdrawal symptoms when stopping use.

With opioid abuse becoming an unprecedented national public health epidemic, the Centers for Disease Control and Prevention (CDC) has recommended safe alternatives, including physical therapy, to opioids for treating pain. Learn more about how a physical therapist can help you safely manage your low back pain at [MoveForwardPT.com/ChoosePT](http://MoveForwardPT.com/ChoosePT).

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as 61% of  
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## HOW A PHYSICAL THERAPIST CAN HELP

If you are having low back pain right now:

- Stay active, and do as much of your normal routine as possible (bed rest for longer than a day can actually slow down your recovery).
- If your pain lasts more than a few days or gets worse, schedule an appointment to see your physical therapist.

Your physical therapist can help you improve or restore mobility and reduce low back pain—in many cases, without expensive surgery or the side effects of medications

Treatments may include:

- Manual therapy
- Specific strengthening and flexibility exercises
- Education
- Training for proper lifting, bending, and sitting; for doing chores both at work and in the home; and for proper sleeping positions
- Assistance in creating a safe and effective physical activity program
- Use of ice or heat treatments or electrical stimulation to help relieve pain