



Your Path to Improved Health LOW BACK PAIN

www.erasosaphysio.com



www.gwha.ca
www.uoguelph.ca/hpc

Our clinics are conveniently located and offer extended morning and evening appointments to accommodate your busy schedule.

EPA clinics. Give us a call today!

ACTON	519.853.9292
BURLINGTON	905.315.7746
CAMBRIDGE / HESPELER	519.220.1794
CONESTOGA COLLEGE	519.748.5131 x3585
ELORA	519.846.9919
GEORGETOWN	905.873.3103
ORANGEVILLE	519.940.8993
GUELPH - BULLFROG MALL	519.767.9950
GUELPH - HEALTH AND PERFORMANCE CENTRE	519.767.5011
GUELPH WOMEN'S HEALTH ASSOCIATES	519.780.0606



Our EPA clinics are conveniently located with today's busy schedules in mind. Our professional, friendly team will welcome you to the clinic and assist you in the following ways:

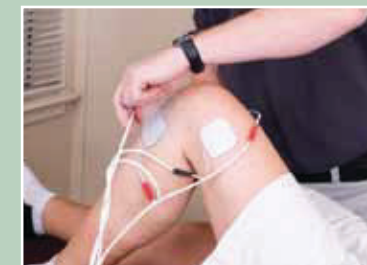
- billing inquiries and payment options
- health insurance provider information (WSIB, MVA, private health insurance)
- booking convenient appointments
- collecting new patient information
- answering questions and directing any concerns to appropriate personnel

Our caring administrative team will also introduce you to your physiotherapist.



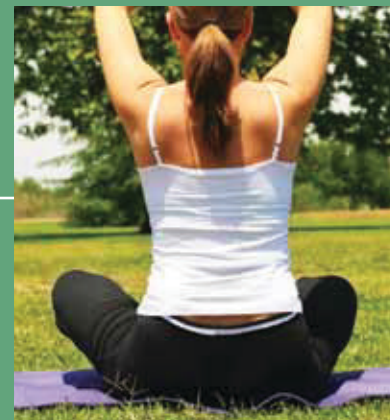
Additional services include:

- specialized programs for shoulder, back and knee pain
- post-surgical rehabilitation
- acupuncture
- sports injuries - specialized programs designed for the prevention and treatment of injuries
- massage therapy
- motor vehicle accident injuries
- work-related injuries
- several clinic sites offer women's health programs for breast cancer and osteoporosis
- Fit to Move™ Lifestyle Assessment for the prevention of heart disease, diabetes and stroke
- several sites offer custom brace fitting and other braces and support devices.



Your Path to Improved Health

Clarify. Collaborate. Treat. Discharge and Review.



1 Clarifying Your Low Back Pain

Low Back Pain (LBP) is the most common complaint of all musculoskeletal problems, affecting up to approximately 80% of the people throughout their lifetime. Low back pain plagues its victim by causing pain that can be quite varied in nature. Low back pain can lead to symptoms or complaints that:

- radiate down the leg, which is often referred to as **sciatica**
- be local and sharp in the back, and may prevent them from completely standing straight
- be a general constant ache in the low back or buttocks which results in an inability to work and therefore results in a loss of income as well as effect quality of life

Low Back Pain is a complaint that changes people's lives, leaving those people wondering if their life will ever return to normal.

2 Common Causes of Low Back Pain

Many clients report that their LBP has had gradual onset, however, it can also be of sudden onset triggered by a specific movement that would otherwise be pain free, like carrying the laundry, leaning over to brush your teeth, vacuuming etc. Low back pain can be a result of:

- poor lifting techniques or prolonged positions that over stress structures like the disc, ligaments, muscles or nerves
- compression on a nerve causing shooting pain, numbness or tingling
- a gradual stress on the tissues from prolonged postures like sitting or bending
- advanced arthritic changes to the joints which may be related to history of repetitive use
- poor core muscle or abdominal muscle control and strength
- sedentary lifestyle

3 Treatment to Improve Your Health

Through our **Path To Improved Health**, we address the causes of low back pain using treatments such as:

- hands on therapy, such as mobilization, traction, soft tissue techniques, or, when appropriate, manipulation
- rehabilitative and preventative core strengthening exercises
- education regarding sitting postures and lifting mechanics
- ergonomic education and employer recommendations
- modalities for pain control like electrotherapies, heat/ice or acupuncture

Most LBP resolves in 6–8 weeks. Your commitment is typically 2–3 weeks for 20–30 minutes. In order to minimize the alarmingly high reoccurrence rate, often quoted as high as 80%, you will be instructed and encouraged to continued on your LBP home strengthening program.

In the unlikely event that your LBP does not improve, we will work with you and your family doctor to explore other diagnostic imaging or tests. The majority of low back pain is treated conservatively, or without surgical intervention, but there can be specific examples of LBP clients that may go onto surgery consult. While this is by far the exception, our **Path To Improved Health** process will recognize these symptoms, communicate with your family doctor and be ready to assist you with post surgery recommendations.

Our goal is to return you to your pre-LBP level of function and to assist in preventing recurrence. Whether that means getting back to work, sport or simply enabling you to sit comfortably.

4 Discharge Review

To help keep you on the **Path to Improved Health** you will receive a home-based exercise program as a tool for you to prevent your injury from reoccurring.

Your primary healthcare provider will also receive an overview of changes, improvement of pain and overall function.

5 Discharge Peak Review

We want you to remain at the peak of your **Path To Improved Health** and will follow up on your progress after you are discharged from the clinic. You will receive a follow-up letter, and should you have any reoccurrences or would like to have another concern addressed, we invite you to return to the clinic at your convenience.

Our physiotherapy treatment uses the most up-to-date research supporting physiotherapy to empower our clients to understand their treatment, whilst providing a professional environment to remedy their concerns in a realistic timeframe.

