

PSI Evidence-Based Newsletter

The **only** physiotherapy clinics in Ottawa **accredited** by the Canadian Physiotherapy Association for excellence in service

Back Pain - The Facts

- 14 million people will seek medical care for back or neck pain this year.
- Back pain is the second most common reason that people visit a physician.
- More than 90% of back pain cases have no specific cause.

Back Pain

- There is no miraculous treatment method that suits all.
- Generalized exercises may worsen the symptoms
- Rate of recurrence is 80% at one year, if no exercise is done.
- Focusing on pain and resolving acute symptoms doesn't prevent chronicity!

Physiotherapy helps!

- Teaching lumbar stability exercises decreases the rate of recurrence of low back pain from 84% to 35% at one year, in appropriate patients.
- Early treatment leads to a more rapid improvement in function, mood, and quality of life.

Ref: Hides, J., Jul, I G., Richardson, C. (2001) Long-term effects of specific stabilizing exercises for first-episode low back pain. Spine 26(11):E243-8.
Wand, B., Bird, C., McAuley, J. (2004) Early intervention for the management of acute low back pain: a single-blind randomized controlled trial of biopsychosocial education, manual therapy and exercise. Spine 29(21):2350-2356.

Why use PSI Physiotherapy and Sports Injury Centres?

- ✓ We focus on functional outcomes.
- ✓ We improve level of function, ability to work, and quality of life.
- ✓ We go for long-term results not just short-term pain relief.
- ✓ 80% of our low back pain (LBP) patients surveyed met their goals.
- ✓ 80% of our LBP patients felt 76-100% better after their physiotherapy treatment.