



## LOW BACK PAIN

**WHAT IS IT?** A staggering 80-90% of the population experience low back pain at some point during their lifetime

Back pain can also refer pain into the buttocks, legs and feet, this is known as referred pain. There are many structures that may be affected such as the

- vertebrae
- Disc
- Facet joint
- Sacro-iliac joint
- Nerves

### WHAT DO I LOOK FOR?

- Sharp/catching pain or ache at the base of the spine/ waist area
- Referred pain into the buttocks or the leg and this can even extend as far as your toes
- Difficulty bending over or putting on your pants and shoes
- Pain in your back after sitting at your desk for a prolonged period.
- Your posture plays a pivotal role

### WHAT CAUSES IT?

- Poor posture
- Collisions or falls such as with car accidents, horse riding or contact sports
- Poor biomechanics
- Poor technique with sport, lifting or manual tasks

### WHEN DO I SEE A PHYSIO?

Physios can provide accurate diagnosis and use a range of techniques to settle down your symptoms. They can correct poor biomechanics and provide you with an appropriate rehabilitation program.

### DO I SEE MY DOCTOR?

If symptoms persist, your physiotherapist will advise when you need to see your doctor

