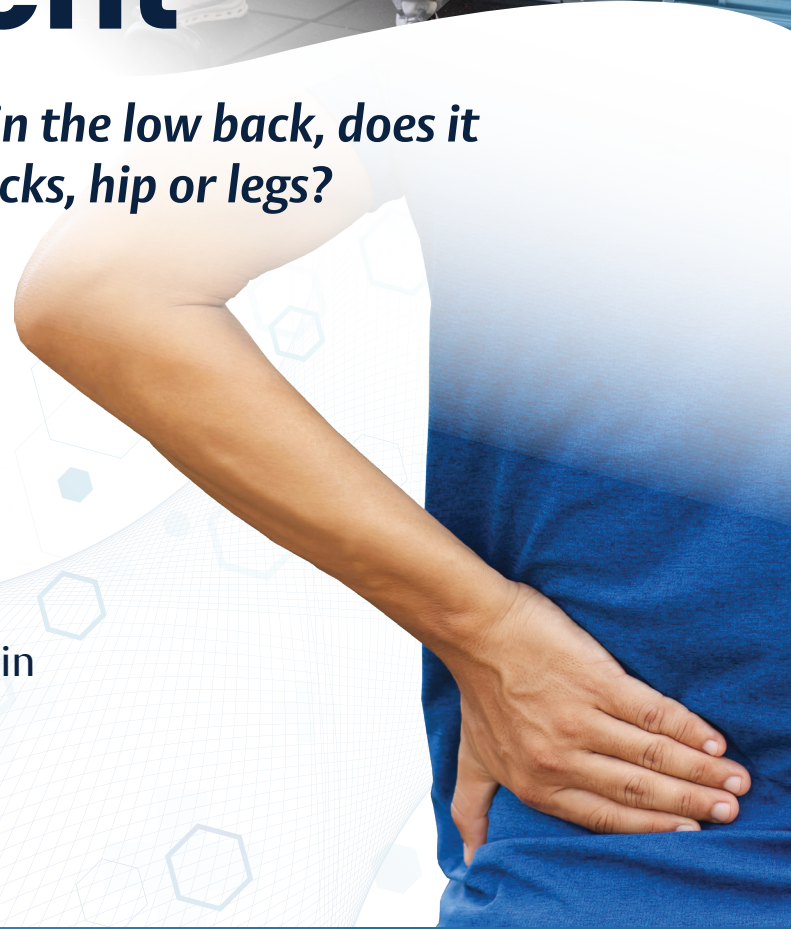


Low Back Pain Management

Are you experiencing a dull ache in the low back, does it sometime radiates into the buttocks, hip or legs?

PACKAGE INCLUDES:

- ✓ Consultation with physiotherapist
- ✓ Thorough physical assessment with physiotherapist
- ✓ 5 sessions of personalised exercise
- ✓ Advice for improving lower back pain
- ✓ Pain management strategies
- ✓ Home exercise programme



Package Price

BND390.00

Additional treatments that PJSC can offer:
Hydrotherapy, manual therapy, dry needling, electro modalities, dry and cold therapy.
*(Disclaimer: Additional charges will be incurred for additional treatments)

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What is low back pain?

Low back pain is a common problem that affects people of all ages. Causes may not always be clear, except for people with an injury or a disease. Often it can be caused by a simple muscle, ligament, or tendon strain and not usually by a more serious problem.

Fortunately, 90% of back pain gets better by 6-12 weeks. This is known as **acute back pain**.

At times, back pain can persist and continue for longer than expected. This is known as **chronic or persistent back pain**.

Should you move or rest when you are experiencing low back pain?

Avoiding painful movements can be helpful initially but it may become unhelpful in the long term. Exercise & movement can be helpful for tackling and preventing back pain as too much rest can lead to stiffness in your muscles and joints.

How crucial is physiotherapy for individuals with low back pain to improve the quality of life?

1. Restoring Mobility

- ✓ **IMPROVING LOW BACK FUNCTION** through targeted exercises.
- ✓ **STRENGTHENING OF LOWER BACK MUSCLES** to condition joints and spinal tissues.

2. Effective Pain Management

- ✓ **PHYSIOTHERAPY TECHNIQUES** on managing pain associated with low back pain.
- ✓ **TAILORED PAIN RELIEF STRATEGIES** to each patient's needs.

3. Independence in Daily Activities

- ✓ **AWARENESS** of correct posture and movement techniques.
- ✓ **PERSONALIZED STRATEGIES** to carry out normal daily activities and prevent recurrence of low back pain.