



**SET UP AN  
APPOINTMENT WITH ONE  
OF OUR PHYSICAL  
THERAPISTS AND GET  
YOURSELF  
STRAIGHTENED OUT!**

☆ Schuylkill Rehabilitation Center  
is conveniently located in  
Pottsville



**LOW  
BACK PAIN  
TREATMENT**

**300 Schuylkill Medical Plaza  
Pottsville, PA 17901  
Phone: 570-621-9500  
Fax: 570-621-9510  
Hours: Mon.-Fri.-7AM-6PM  
Saturday- 8AM-NOON  
Visit our website:  
[www.schuylkillrehab.com](http://www.schuylkillrehab.com)**

## WHAT IS LBP?

LBP stands for low back pain, which is pain that is localized or referred to the lumbar region. This pain can also radiate down into the leg and/or foot. LBP can originate from many different sources.

If you have been diagnosed with the conditions below, physical therapy may be able to offer some relief:

- Bulging Disc
- Osteoarthritis
- Sciatica
- Spinal Stenosis
- Sacroiliac dysfunction
- Spondylolisthesis
- Sprain/Strain
- Lower back pain

## RISK FACTORS FOR LBP:

- Poor flexibility/ posture
- Being overweight
- Engaging in high demand activities
- Engaging in activities that cause vibration in the whole body (i.e. truck drivers, construction workers)
- Smoking
- Previous low back pain

## SYMPTOMS OF LBP

- Pain in lumbar area, buttock, leg, and/or foot
- Burning or pins and needles in the legs
- Weakness in the legs
- Sensory changes
- Difficulty with trunk movements
- Ambulation problems
- Postural changes

If you experience these symptoms, it is important that you seek medical advice as soon as possible. Early diagnoses and treatment may be beneficial in improving the prognosis of your condition.

## EVALUATION AND TREATMENT PROGRAM FOR LBP

A physical therapy evaluation is conducted. It includes a thorough physical assessment of range of motion, flexibility, strength and pain, and an assessment of psychosocial factors and functional abilities. SRC also offers a wide variety of methods and techniques to evaluate and treat LBP. This includes the McKenzie Method, which is a type of certification for therapists who are experts in the treatment of low back pain.

Treatment techniques may include:

- Posture correction
- Strength conditioning and flexibility exercises
- Therapeutic exercises on land and/or in the aquatic pool
- Proper body mechanics and lifting techniques for activities of daily living (ADL's), at home and at work
- Modalities such as heat, ice, electrical stimulation, etc.
- Joint mobilization
- Home exercise program
- Progression to work simulation program in preparation of returning to work.

Our physical therapists will work closely with your referring physician or surgeon, in order to develop an individualized treatment plan.



For any questions or for more information, call us at Schuylkill Rehabilitation Center (570) 621-9500.