



## PHYSICAL THERAPY IS EFFECTIVE FOR MANAGEMENT OF LOW-BACK PAIN; A "CORNERSTONE" OF NON-SURGICAL TREATMENT, NEW REPORT CONCLUDES

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### MISSION STATEMENT

Our mission at Advanced Orthopaedics and Sports Medicine is to provide quality value added service by exceeding the expectations of our clients helping them return to the highest possible level of functioning through cost-effective and quality service. We intend to help in advancing our profession through our commitment to education, and be a resource to our community

### HOURS OF OPERATION

7 AM - 7 PM

### LOCATION

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A new review article published in the *Journal of the American Academy of Orthopaedic Surgeons* should help convince many patients with low back pain to consider physical therapy as a first line of treatment for their condition. The review, published in February 2009, recommends that in most cases of symptomatic lumbar degenerative disc disease, a common cause of low back pain (LBP), the most effective treatment is physical therapy combined with anti-inflammatory medications. Approximately 75 to 85 percent of adults will be affected by low back pain during their lifetimes.

Symptomatic lumbar degenerative disc disease develops when a disc weakens (often due to repetitive strain), is injured, or deteriorates from aging. As a result, the disc is unable to hold the vertebrae as it should and the lack of stability can cause back pain. The review details the different treatment methods for symptomatic lumbar degenerative disc disease, including physical therapy with the use of nonsteroidal anti-inflammatory drugs (NSAIDs), and concludes that, in most patients with low back pain, symptoms resolve without surgical intervention. The review also concludes that physical therapy and nonsteroidal anti-inflammatory drugs are the "cornerstones" of non-surgical treatment.

Physical therapist intervention includes strengthening of core muscle groups, including the abdominal wall and lumbar musculature, which can have positive effects in patients with this condition. Physical therapists have several treatment options that can help patients with LBP whether due to degenerative disc disease or a variety of other causes. Exercise and manual therapy including spinal manipulation, have been shown to benefit many patients. In addition, patient education to remain active and use appropriate body mechanics is beneficial. Physical therapists are trained to identify which of these treatment strategies will be most effective for an individual patient, which further improves the effectiveness of care.

In previous systematic reviews of the literature, it was found that exercise has been shown to improve function and decrease pain in adult patients with chronic LBP and that physical therapy was beneficial for the treatment of

acute LBP.<sup>2,3</sup> In another systematic review, NSAIDs were found to provide LBP patients with short-term symptomatic relief.<sup>4</sup>

“Receiving care from a licensed physical therapist can further improve the odds that a patient can maintain their quality of life and avoid surgery,” said Fritz. In addition to building the core muscle groups, hands-on therapy to mobilize the spine has been shown to be particularly effective.<sup>5,6</sup> “Spinal manipulation can be an important component of physical therapist treatment for low back pain. Supplementing exercise with spinal manipulation is also beneficial for many patients.” Physical therapists can help patients develop a safe and effective exercise program that is tailored to an individual’s specific needs and goals.

Advanced Orthopaedics and Sports Medicine Physical Therapy has caring and understanding clinical staff with an average 10 years of clinical experience in helping the patients return to the highest possible level of function. Our clinics offer services between 7 a.m. and 7 p.m. providing appointments at times convenient to you. We also perform rigorous quality control measures to ensure the best quality, evidence based care for the patients which is evident by 87% exceeded expectations (2007), 90% exceeding expectations (2008) and 95% exceeding expectations (2009) on Patient Satisfaction Survey which has been adopted in our clinic. We also work in close proximity with the physicians and case managers who have referred our patients helping us to work as a team in providing cost effective, quality care to the patients. Our joint efforts prevent over utilization of services through timely sharing of information, sharing of ideas for progression, feedback with/from physicians, and by providing non-fragmented comprehensive services.

#### REFERENCES

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- Hayden JA, van Tulder MW, Malmivaara A, Koes BW: Exercise therapy for the treatment of non-specific low back pain. *Cochrane Database Syst Rev.* 2005;(3):CD000335.
- Assendelft WJ, Morton SC, Yu EI, Suttrop MJ, Shekelle PG: Spinal manipulative therapy for low back pain. *Cochrane Database Syst Rev.* 2004;(1):CD000447.
- <sup>4</sup> vanTulder MW, Scholten RJ, Koes BW, Deyo RA: Nonsteroidal anti-inflammatory drugs for low back pain: a systematic review within the framework of the Cochrane collaboration back review group Cochrane review. *Spine* 2000;25:2501-2513.
- <sup>5</sup> Childs JD, Fritz JM, Flynn TW, Irrgang JJ, Johnson KK, Maikowski GR, Delitto A: A clinical prediction rule to identify patients with low back pain most likely to benefit from spinal manipulation: a validation study. *Ann Intern Med.* 2004; 141(12):920-928.
- <sup>6</sup> Chou R, Huffman LH: Nonpharmacologic therapies for acute and chronic low back pain: a review of the evidence for an American Pain Society/American College of Physicians clinical practice guideline.; American Pain Society; American College of Physicians; *Ann Intern Med.* 2007; 147(7):492-504.

#### PATIENT TESTIMONIALS

“Because each individual made me feel very special, I would recommend this location to my friends.”

“ Good overall experience, appreciated the flexibility for appointments.”

“The PT, PTA and staff went far beyond any expectations I had”

“Such a congenial supportive and caring group in people is so rare. It’s the closest thing to “therapeutic heaven” I can imagine.

Superior skill plus compassion is an unbeatable combination. Thank you all.”

“ Everyone at the office was very friendly. It is a professional yet relaxed atmosphere.”

“ The entire staff was warm and friendly. I was always treated with respect and never felt that I was just another patient.”