

# Physical Therapy *News*

From Your friends at Northshore FYZICAL Therapy & Balance Centers



## Northshore FYZICAL



Two Convenient  
Locations to Serve You

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## Does Back Pain Go Away On It's own?

Did you know that 80% of all individuals suffer from low back pain at some point in their lives? At times, the cause can be a specific injury. In other cases, the cause cannot be accurately determined. Low back pain is the second most common reason for a visit to the doctor's office (the first is upper-respiratory infections).

### What Causes Low Back Pain

The spine is a complex structure made up of bones, joints, ligaments, and muscles. It can be injured in several ways. It's possible to sprain ligaments, muscles, or get a bulging or herniated disc. These are just some of the factors that can lead to low back pain. There can be times when the simplest movement (bending down to pick up a pencil from the floor, picking up your child) can lead to severe pain.

### Will My Back Heal Itself?

Unlike muscles and bone, the lower back is a complex part of the body that does NOT "heal" on its own. It is critical to identify the underlying cause (which is where we help you) so that you can get permanent, long-term relief.

The persistence of low back pain was revealed in a study by Hestbaek and



colleagues in 2003. The study revealed that back pain lasted longer than 30 days for over 33% of people who experienced low back pain. Also, very few people (9% to be exact) with low back pain remained pain free after 5 years.

This highlights the importance of an evaluation from a licensed physical therapist, which is exactly where we come in to help you.

## What If I Suffer From Long-Lasting Back Pain?

Persistent, chronic pain is more than just an inconvenience. It can make daily activities painfully challenging and limit your ability to do the things you enjoy. You may find it difficult to play with your children, complete tasks at home or work, and it may even confine you to staying indoors. It can substantially limit your social life.

That's not all. Many individuals cut back on physical activity. This leads to muscle weakness, which causes more pain and weakness. This triggers a vicious cycle that grows worse with each passing day.

Your physical therapist can help you break this painful cycle! In most cases, we can help individuals with long-lasting back pain feel improvement shortly after starting physical therapy.

If your back pain is not resolving quickly, call us today.



