



What We Know About Your Lower Back Pain

- Low back pain is generally short-lived, though appropriate professional advice can be helpful.
- Bed rest has been proven to be harmful and may slow recovery.
- Research supports staying physically active and resume usual activities as soon as possible.
- If pain lasts for more than a few days or gets worse, then you should schedule an evaluation with your PT!

University of Delaware
Physical Therapy is Ranked
#1 in the Nation by US
News and World Report!

We staff Board Certified
Specialists in the areas
of Orthopedics, Sports,
Geriatric, and Neurologic
physical therapy.



Delaware Physical Therapy Clinic

540 S. College Ave., Suite 160
Newark, DE 19713
Phone: (302) 831-8893
Fax: (302) 831-4468
www.udptclinic.com



Delaware
Physical Therapy Clinic

Open to the public

Lower Back Pain



Common Low Back Injury

Did you know?

- 25% of people in the US experienced low back pain in the past 3 months.
- For some, it may return or hang on, leading to decreased quality of life or even disability.
- The most common form of back pain can develop after a specific activity such as bending, twisting or lifting, at times pain develops over time.

- **Common causes include:**

Poor Posture	Normal Aging
Automobile Accident	Lifting/Carrying
Sports Injury	Repetitive Strain

- **Your physician may diagnose you with:**

Herniated Disc	Spondylosis
Degenerative Disc Disease	Arthritis
Sciatica	Stenosis

Physical Therapy can help!

- Physical therapists are highly-educated, licensed professionals who can help you reduce pain and restore mobility, in many cases improving quality of life

Physical Therapy Assessment of Your Condition

- Our physical therapists will provide a thorough individualized evaluation based on your symptoms
 - Review of health history, questions about specific symptoms
 - Perform tests to identify problems with posture/ flexibility/strength/ joint mobility/functional movement
 - Screen to identify potential of serious health problems minimizing back pain
 - Functional assessment of body movement during work, home or leisure/sport activity
- At Delaware PT, we use the most recent, up to date research, to provide evidenced based practice and get you back on your feet!
- Although low back pain is rarely serious, if you experience the following symptoms see a healthcare professional immediately:
 - Loss of bowel or bladder control- numbness in groin or inner thigh, or loss of muscle control in your legs.

What Will Your Physical Therapist Do For You?

- Create an individualized treatment program tailored to your back problem
- Reduce pain and increase your activity level
- Manual therapy techniques to the joints and soft tissues (muscles) to improve motion
- Restore motion and strength
- Provide education about care of your back and training for proper lifting, bending, sitting and work activities
- May prevent the need for more expensive or invasive treatments
- Identify factors which may increase your risk of re-injury



Call today to schedule an appointment.
We are on campus and open to the public!

Phone: (302) 831-8893

Fax: (302) 831-4468