

LOW BACK PAIN

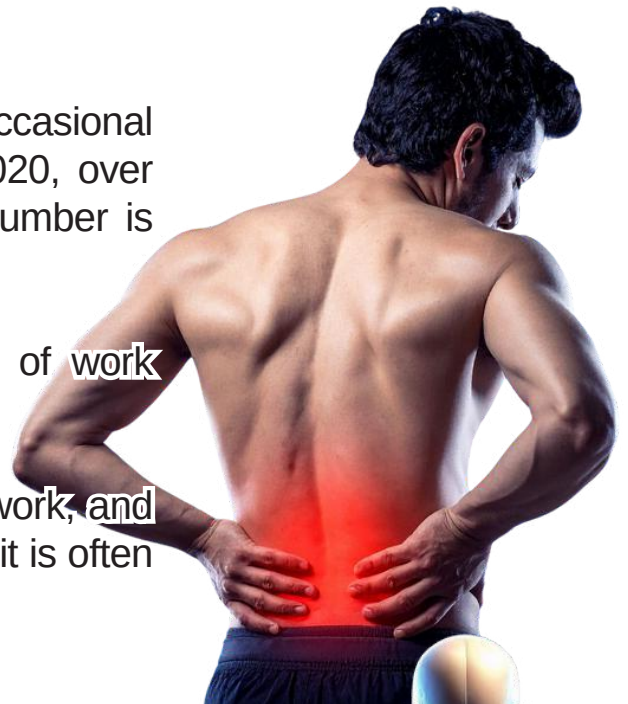
WHY IT'S THE #1 CAUSE OF DISABILITY WORLDWIDE:

THE SILENT EPIDEMIC

Low back pain (LBP) is more than just an occasional ache—it's a major global health issue. In 2020, over 619 million people were affected, and this number is expected to rise to 843 million by 2050.

Did you know? LBP is the leading cause of work absenteeism globally.

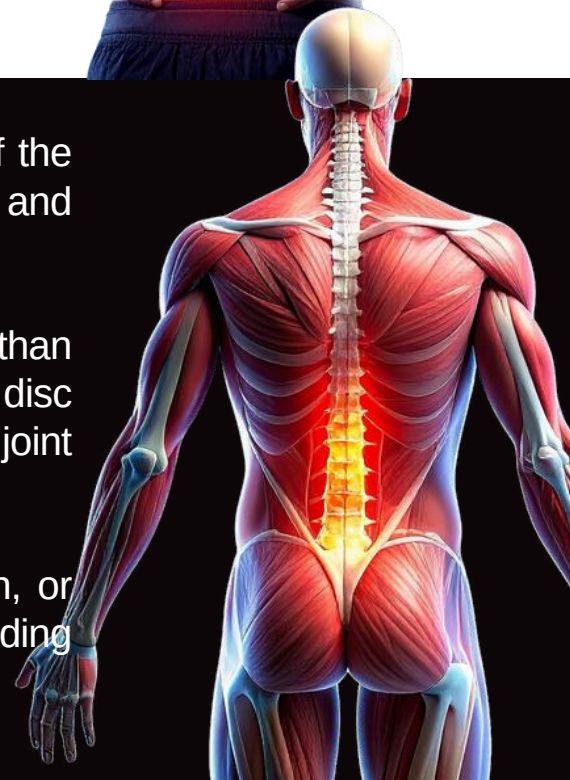
LBP can interfere with daily activities, sleep, work, and mental health. Despite its widespread impact, it is often misunderstood and poorly managed.



LBP refers to discomfort or pain in the lower part of the spine, typically between the bottom of the rib cage and the top of the legs.

It can be acute (short-term) or chronic (lasting more than 12 weeks), and may result from muscle strain, disc problems (such as herniated or degenerated discs), joint dysfunction, or nerve irritation (like sciatica).

Whether you're a healthcare provider, fitness coach, or someone who spends long hours sitting—understanding LBP is essential for prevention and recovery.



INDIA'S BACK PAIN BURDEN: A CLOSER LOOK

INDIA FACES A SIGNIFICANT CHALLENGE WITH LBP:

- Point prevalence (current cases): 40–56%
- Annual prevalence (cases over a year): 51%
- Lifetime prevalence (people who experience it at some point): 66%

Did you know? Rural communities, women, and manual laborers are especially vulnerable due to physically demanding jobs, poor posture, and limited access to rehabilitation services.



4 TOP RISK FACTORS YOU SHOULDN'T IGNORE

1) SEDENTARY LIFESTYLE:

Lack of physical activity weakens the muscles that support the spine, especially the core muscles. This makes the lower back more prone to strain and injury.

Why it matters: Weak core muscles can't stabilize the spine properly, leading to poor posture and increased risk of pain.

2) OCCUPATIONAL STRESS:

Jobs that involve heavy lifting, repetitive movements, or long periods of sitting or standing (e.g., IT professionals, drivers, factory workers) can stress the spine and lead to pain.

Why it matters: Repetitive strain and poor ergonomics can cause wear and tear on spinal structures over time.

3) SMOKING:

Nicotine reduces blood flow to the spinal discs, which are the cushions between the vertebrae. Poor circulation can lead to disc degeneration and increased pain.

Did you know? Your spinal discs are 80% water.

Why it matters: Damaged discs lose their shock-absorbing ability, making the spine more vulnerable to injury.

4) OBESITY:

Excess body weight shifts the body's center of gravity forward, increasing pressure on the lower spine. This can lead to chronic strain and discomfort.

Why it matters: Extra weight adds mechanical stress to spinal joints and muscles, accelerating degeneration.



3 REHAB STRATEGIES THAT ACTUALLY WORK

Recovery from back pain isn't about quick fixes — it's about the right strategies that rebuild strength, control, and confidence in movement.

THREE PROVEN APPROACHES THAT MAKE A DIFFERENCE.



MOVEMENT CONTROL EXERCISES

- These exercises improve how the trunk muscles coordinate and move. They are especially helpful for people with chronic LBP caused by poor movement patterns.
- **How it helps:** Better coordination reduces strain on the spine and improves stability during daily activities



MULTIMODAL EXERCISE THERAPY

- Combining different types of exercises—like aerobic workouts, swimming, and core strengthening—can help improve flexibility, strength, and endurance. This holistic approach supports long-term recovery.
- **How it helps:** Diverse exercises target multiple muscle groups and improve overall spinal health.

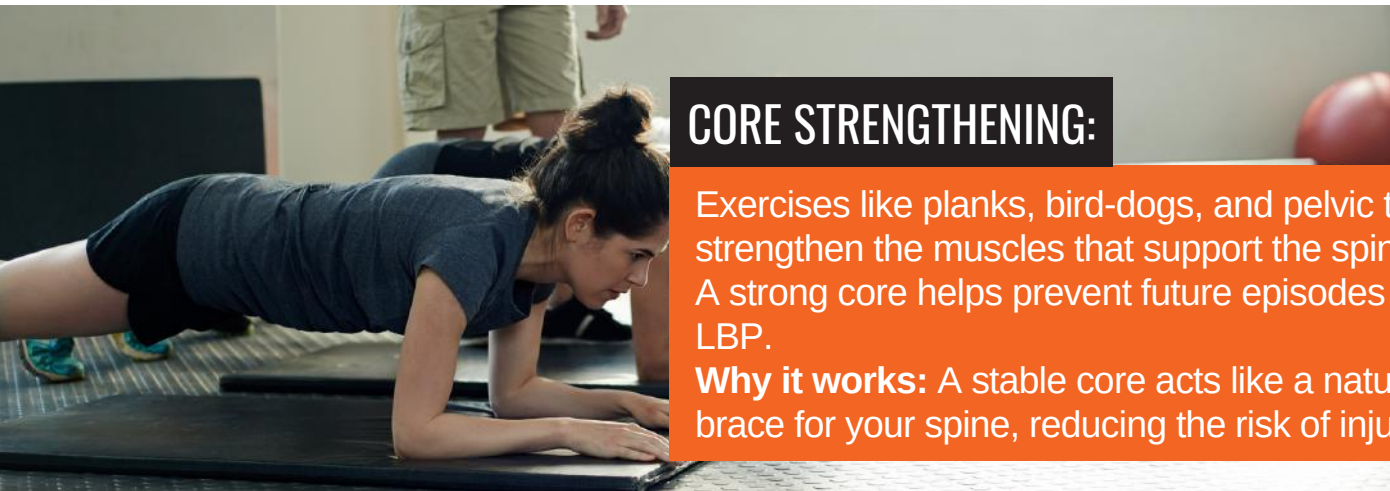


PAIN NEUROSCIENCE EDUCATION (PNE)

- PNE helps patients understand that pain is not always a sign of damage. It teaches them to reduce fear, stay active, and avoid behaviors that worsen pain. When combined with physical therapy, it can be very effective.
- **How it helps:** Reducing fear and misconceptions about pain encourages movement and speeds up recovery.



2 PREVENTIVE MEASURES YOU CAN START TODAY:



CORE STRENGTHENING:

Exercises like planks, bird-dogs, and pelvic tilts strengthen the muscles that support the spine. A strong core helps prevent future episodes of LBP.

Why it works: A stable core acts like a natural brace for your spine, reducing the risk of injury.

ERGONOMIC AWARENESS:

Using proper posture and supportive furniture can reduce strain on the back. Adjust your chair, desk, and monitor height to maintain a neutral spine position.

Why it works: Good ergonomics minimize unnecessary stress on spinal joints and muscles.



1 ONE GAME-CHANGING TIP:

STRETCH EVERY 30 MINUTES

Whether you're working, studying, or watching TV—take a break every 30 minutes to stretch. Simple movements like cat-cow, child's pose, or standing side bends can relieve tension and reset your spine.

Why it helps: Frequent stretching improves circulation, reduces stiffness, and maintains spinal mobility.



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