

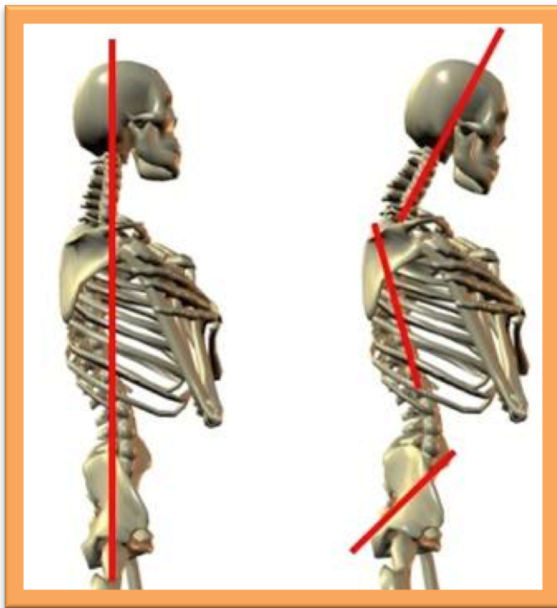


The
Physio
Movement

POSTURAL RELATED BACK PAIN

WHAT IS POSTURAL RELATED BACK PAIN?

The body has an optimal position that helps maintain equilibrium and homeostasis. When changes occur or the body makes adaptations to poor body positioning pain behaviours will develop along with tightness, stiffness and nerve related symptoms.



CAUSES AND CONTRIBUTERS OF POOR POSTURE:

- Computer or desk based occupation
- Sedentary lifestyle
- Spinal muscle weakness
- Poor body awareness and habits
- Spinal joint stiffness
- Depression, stress and anxiety all affect the way we hold our body positions

DIAGNOSIS:

The Physio Movement has developed and postural assessment tool which analyses body positions through static and functional positions. From this assessment appropriate exercises will be provided to help restore better posture.

SIGNS AND SYMPTOMS:

- Morning stiffness;
- Lower back ache;
- Headaches;
- Neck tightness
- Pins and needles/numbness down the arms or legs
- Decreased range of motion;
- Muscle spasm;
- Muscle and joint aches,
- Difficulty breathing

COMMON POSTURAL ABNORMALITIES:

Some more common postural abnormalities include poke neck, rounded or protracted shoulders, hunched or rounded thoracic spine and increased lumbar arch known as a lordosis.



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PHYSIOTHERAPY TREATMENT OPTIONS:

- Deep tissue massage
- Thoracic manipulation
- Roller exercises
- Stretches
- Muscle energy techniques
- Vertebral mobility exercises
- Heat therapy
- Hydrotherapy
- Active release techniques
- Dry Needling
- Trunk strengthening
- Education
- Postural education and programs
- Pilates
- Bracing and taping
- Ergonomic assessments

