

Dealing with Low Back Pain

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react
PHYSICAL THERAPY

Today's Agenda:

- Learn how React can help you
- Learn about ways to self manage low back pain
- How to return to pre-quarantine routine

React Physical Therapy

- Individualized and whole body approach to physical therapy
- Hands on soft tissue and joint focus to balance the body to promote pain free movement

How Can React Help with Pain

- Give us a call
- Identify root causes
- Reduce pain
- Resume activity and movement
- Build strength and resilience

Why am I in pain?

- Internal defense system is triggered
- Doing more than the body is capable of handling
- Placing too much stress on the body too quickly

First steps when pain occurs:

- Take a deep breath and keep the body moving
- Stay active...inactivity can lead the body to become stiff and rigid
- Find positions/movements that are more comfortable

About Low Back Pain:

- 2-6 weeks of back pain is common
- Most back pain is not serious
- Time will help pain resolve

Systematic approach to relieve pain:

- Release
- Mobilize
- Activate
- Strengthen
- Endurance

Releases:

- Hip flexors
- Quads
- Adductors
- Glutes
- Hamstrings
- QL

Mobilizations:

- Thoracic Spine
- Lumbar Spine
- Hips
- Ankles

Activate:

- 4 way lunge
- 3 way good mornings
- Glute ladder

Strengthen:

- Moderate resistance training 2-3x/week for 30 minutes
- Be consistent and patient
- There is no “magic” exercise

Managing Symptoms:

- Pain is not always a bad thing
- Monitoring 24hr pain pattern
- Stay active (body craves movement)
- Use Stop Light analogy

Stop Light analogy for pain:

- This is unique to only you
- Green: 0-3: you are in the clear
- Yellow: 4-6: use caution
- Red: 7-10: stop exercise

Returning to pre-quarantine shape:

- Start slow and be consistent
- Cut resistance/weight by 50%
- Slowly progress as you monitor symptoms
- Be patient

Summary:

- Back pain very common
- Staying active is good for our body
- Be consistent
- Stay patient
- Allow React to help you

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