

The Most Common Reason for Seeking Physical Therapy



Can you guess which ailment is described below:

- On average, 50% of all patients in physical therapy are being treated for this ⁽²⁾
- Affects at least 80% of us some time in our lives
- Fifth most common reason for all physician visits in the U.S
- Usually recurrent and tends to increase in severity
- Can occur at any age but is most prevalent during the third to sixth decades of life ⁽¹⁾

Any guesses? The condition being described above is none other than (drum roll please)....**low back pain**, also known as sciatica. Yes! Low back pain is that common, and you may be suffering from it if you experience the following symptoms:



Pain in lower back

Tingling

Difficulty standing

Swelling

Difficulty sitting

Pain behind the knee

Pain in buttocks

Numbness

Shooting pains

Insomnia

Compensation / Posture changes

Burning sensation

Weakness

Hip pain

Falling

The two things the average person may be tempted to do when experiencing an episode of back pain include reaching for over-the-counter medications or better yet, Google.

But what if Google's "top 3 stretches for low back pain" don't work for you, and the same exercises that worked for your neighbor are only making you worse?

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There are a variety of reasons you are experiencing sciatica, so it makes sense that a generic treatment approach wouldn't necessarily work for you. The sciatic nerve is made up of multiple nerve roots, so it is incorrect to assume you have direct pressure on the actual nerve.

It is more likely that only one root of the nerve is being affected. The sciatic nerve also has multiple branches that can send impulses to many different areas in the back and lower limbs.

Therefore, when you come into ProTailored for your low back back, we first find out what's causing your low back pain and then create a tailored treatment plan based around the root cause.

Call (260)739-0300 to set up an appointment today!

To find out what's specifically causing your low back pain and begin experiencing relief from it.

1. Virtual Health Care Team. Mechanical Low Back Pain; Prevalence and Costs. School of Health Professions; University of Missouri-Columbia. Last updated September 11, 2012.
2. Fritz JM, Cleland JA, Childs JD. Sub-grouping patients with low back pain: evolution of a classification approach to physical therapy. J Orthop Sports Phy Therapy. 2007;37:290-302.



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