

Mechanical Low Back Pain

Mechanical low back pain is a common condition resulting from an injury to the joints, muscles and ligaments of the low back. This causes pain in the low back and occasionally down into the buttocks.

Causes

The lumbar facet joints, muscles and ligaments are usually injured in a specific bending or lifting incident, or by overuse.

The most common causes of mechanical back pain include:

- Over-training
- Poor postures (prolonged sitting ,standing etc)
- Bending or twisting whilst under load
- Poor training techniques
- Growth spurts

- Direct blow/trauma to the low back

Symptoms

Some common signs and symptoms of a facet joint injury include;

1. A dull ache on one side of the spine, that may radiate down to the buttock
2. Pain that is worse in the mornings
3. Pain with arching backwards and/or twisting.
4. Pain with sitting, and getting up from sitting.

Treatment

Reduction of the inflammation and immediate pain can be aided by:

For more information feel free to ask your physiotherapist.



Immediate Care

1. Rest (sitting with your back supported or laying on your back with your knees bent may be most comfortable.
2. Heat
3. Physiotherapy
4. Anti-inflammatory / pain medication

Initially it is important to avoid aggravating the injury. Avoid any movement or activity that causes pain.

Your physiotherapist may then incorporate some of the following techniques to reduce your symptoms:

- Postural/ergonomic advice
- Soft tissue massage
- Lumbar mobilization
- Deep abdominal/gluteal strength exercises
- Sport specific skill correction
- Specific stretching exercises

physio
place



Hours: Monday - Thurs: 8am- 7pm, Fri: 8am- 4pm, Sat / Sun: Closed

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