

community connection

Successful Management of Low Back and Hip Pain

By Carla Kazimir PT

It is very common to see patients that have both low back and hip pain. Some experts feel that with all back pain there is an element of hip dysfunction. The two areas of the body are closely related.

When we have a patient come in for physical therapy evaluation for a painful condition relating to the low back or hip we stick to our regular evaluation which involves flexibility, balance and strength testing as a posture and gait assessment. If someone is in acute pain we usually start with modalities such as ice, heat, ultrasound, traction, electrical stimulation and/or cold laser to calm down the muscle spasms. Once the person is not in severe pain we gently start stretching out the tight muscles and strengthening the weak muscles. It is only through thoughtful evaluation that we will have the objective information to base a treatment program.

Patients are given an exercise program for home to continue the progress made in physical therapy. We will review the exercises each time and build upon the program as the body improves and adapts to the exercises. Physical therapy should not be painful. Physical therapy should leave you feeling better after the treatment. Kinesio tape is often used to support the back especially in the acute phase of the pain. Kinesio

tape can be worn up to 5 days and offer continuing relief of pain between physical therapy sessions.

Some of our patients come to us after a compression fracture. A compression fracture of the spine will usually take about 6 weeks to heal. While there is nothing that can be done to specifically speed up the healing of the fracture, we can certainly minimize the pain from a compression fracture. We use our modalities and kinesio tape. We instruct the patient on proper body mechanics so that the time required to heal the fracture of the spine is much more comfortable.

Many clients come in with a scoliosis issue and they think that it is structural and nothing can be done for their pain. Scoliosis patients are perfect for physical therapy. If the patient is motivated to do the home exercises the progress can be very quick.

Injections and nerve blocks can be helpful to reduce the pain, but it is not a substitute for physical therapy. One must figure out why they are having pain. A physical therapy evaluation is an analysis of their movement. It is only when you discover your movement dysfunction, that you can get to the cause of the problem and hopefully rectify the situation. Some of our clients have pathology that requires shots and injections in



addition to the treatment. Many injections could have been avoided through exercises and stretching.

Please contact us at 818-217-4868 to schedule a consultation or an evaluation. North Valley Physical Therapy Inc is located at 11858 ½ Balboa Bl Granada Hills in the Knollwood Shopping Center. www.northvalleypt.com We are Medicare and Blue Shield Providers. We bill all private insurances. We also have a cash based program.

Carla Kazimir PT is on the Board of Directors for the North Valley Chamber and she is a member of the Senior Service Business Council. Carla Kazimir has been treating patients in the San Fernando Valley for 30 years.

