

# 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. These two areas of the body are closely related.

When we have a patient come in for a physical therapy evaluation for a painful condition relating to the low back or hip, we first do our standard evaluation which involves flexibility, balance and strength testing and 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 we need to customize 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 the patient returns, 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 offers 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 speed up the healing of the fracture, we can certainly minimize the pain due to the fracture. We use our modalities mentioned above and kinesio tape. We instruct the patient on proper body mechanics so that during the time required to heal the fracture the patient is much more comfortable.

Many clients come in with scoliosis, and they think that it is a structural problem and that nothing can be done for their back. Actually scoliosis patients need physical therapy. If the patient is motivated to do the home exercises, their spinal alignment can show significant improvement.

Injections and nerve blocks can be helpful to reduce the pain, but these cannot replace physical therapy. We need to figure out what is causing the pain. A physical therapy evaluation is an analysis of movement. It is only after 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, but many injections could have been avoided through physical therapy treatment.

Please contact us at 818-217-4868 to schedule a consultation or an evaluation.

*North Valley Physical Therapy Inc is located at 11858 1/2 Balboa Bl. in Granada Hills in the Knollwood Shopping Center.*

*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.*

*[www.northvalleypt.com](http://www.northvalleypt.com)*

