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Physical therapist intervention includes strengthening of core muscle groups, including the abdominal wall, which can have positive effects in patients with this condition. Exercise and manual therapy including spinal manipulation, have been shown to alleviate pain in many patients. In addition, patient education to remain active and use appropriate body mechanics is beneficial. Physical therapists are trained to identify which of these treatment strategies will be most effective for an individual patient, which further improves the effectiveness of care.

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Back pain is the second most common diagnosis seen by physicians in their offices. 85% of the US population will suffer an episode of back pain sometime in their life. Why is this? A lot has to do with the design of our body. It is the price we pay for walking upright on two legs. In humans, the force of gravity pulls directly down through the vertical spine vertically compressing it together over the years. In other mammals such as horses, apes, and cows, the spine is horizontal and the pull of gravity does not compress the spine together.

Most back pain falls under the category of mechanical back pain. The spine has to move in intricate ways to make the whole movements of bending, extending, and twisting. Therefore, the “mechanics” of the spine are important in order for all the vertebrae (the bones) to be able to move. Mechanical back pain means that the joints, muscles, and ligaments of the spine are not moving correctly at the right time. This can cause increased strain on certain parts of your back, especially the very lower back, L-4, L-5, and S-1.

Why do the mechanics of the spine change and start to cause pain? This is due to a variety of reasons including small traumas from lifting heavier objects, bending and twisting, repetitive strain, accidents, weakness from prolonged sitting, and changes in your core strength.

Most of our daily activities today involve sitting which causes our abdominal and back muscles to become weakened. This in turn does not provide the necessary support to the spine and causes strain. The strain causes inflammation which leads to pain. The pain can be localized to the back area or even radiate into the buttocks or backs of the legs.

Millions of people a year rely on over the counter medication and back braces to get through their day. The unfortunate reality is that 75% of people with back problems will have a reoccurrence of that back pain. This is because the cause of the problem, the mechanical movement, is not addressed by treating with drugs or a hot pack. More and more people are realizing the full benefits of manual physical therapy to address the cause of their back pain and learn what they can do to have lasting relief.
Patient Results
What patients are saying...
I don’t have pain anymore!
“For the past few months I had pain that was constant even when sitting at work. It was difficult to do everything even getting dressed let alone moving around. Since starting therapy at LSTC I am now able to get dressed, sit at work, walk to and from the parking lot, and I don’t have pain any more.” Debby L.

PT is the answer!
“My back had been a mess for a long time and then it started to spread to my leg. When I couldn’t sit anymore without pain I decided to try therapy. Not even 4 weeks into therapy I am a whole new person and things are good again. I can get up from sitting without pain and when I walk I no longer look like I’m 95. Housework and yardwork are now back in the picture and life is back to normal. PT is the Answer!!!” Susan G.

I can pick up my son without pain!
“Because of my back and leg pain I was struggling to do every day tasks at home, work and with my son. I had high levels of pain all day long. After therapy I am now able to do household chores, walk and stand during the day, and best of all I can pick up my 40 pound son all without pain!!!!” Cynthia C.

Loudoun Sports Therapy Center Can Help You:
- Decrease your pain
- Increase your strength
- Increase your activity level
- Increase your flexibility
- Improve your health
- Get back to living

Why Choose Loudoun Sports and Therapy Center...
- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back and orthopedic care

WE GLADLY ACCEPT:
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- Blue Cross Blue Shield
- Cigna
- ALL OTHER INSURANCES

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and learn what they can do to have lasting relief. Manual physical therapy to address the cause of their back pain, mechanical movement, is not addressed by treating with drugs or back braces to get through their day. The unfortunate reality is, millions of people a year rely on over the counter medication and be localized to the back area or even radiate into the buttocks or abdominal and back muscles to become weakened. This in turn does most of our daily activities today involve sitting which causes our weakness from prolonged sitting, and changes in your core strength. This is due to a variety of reasons including small traumas from lifting heavier objects, bending and twisting, repetitive strain, accidents, the spine has to move in intricate ways to make the whole movements right time. This can cause increased strain on certain parts of your muscles, and ligaments of the spine are not moving correctly at the spine is horizontal and the pull of gravity does not compress the spine together. In humans, the force of gravity pulls directly down on two legs. In humans, the design of our body. It is the price we pay for walking upright in their offices. 85% of the US population will suffer an episode of back pain is the second most common diagnosis seen by physicians during the day, and best of all I can pick up my 40 pound son all without pain!!"

After therapy I am now able to do household chores, walk and stand at home, work and with my son. I had high levels of pain all day long. "My back had been a mess for a long time and then it started to spread to my leg. When I couldn't sit anymore without pain I decided to try therapy. "For the past few months I had pain that was constant even when sitting longer look like I'm 95. Housework and yardwork are now back in the game. I don't have pain anymore!"

"I can pick up my son without pain!"

"I had high levels of pain all day long. At work. It was difficult to do everything even getting dressed let alone moving around. Since starting therapy at LSTC I am now able to get dressed, sit at work, walk to and from the parking lot, and I don't have pain!"

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Study: Physical Therapy is Effective for Low Back Pain

BACK PAIN OR SCIATICA?

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STUDY PHYSICAL THERAPY IS AFFECTIVE FOR LOW BACK PAIN

THE CHALLENGE OF TREATING BACK PAIN

PATIENT RESULTS

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Call or come in if you feel you are not moving like you used to. We will get you the results you deserve!
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