

Research Assessment #5

Date: October 27, 2017

Subject: Low Back Pain Exercises

MLA Citation:

Dickerman, Rob D. "Specific Low Back Pain Exercises." Spine-Health, 20 Dec. 2005,
www.spine-health.com/treatment/physical-therapy/specific-low-back-pain-exercises.

Dickerman, Rob D. "Physical Therapy for Low Back Pain." Spine-Health, 20 Dec. 2005,
www.spine-health.com/treatment/physical-therapy/physical-therapy-low-back-pain-relief

Assessment:

Coming into the articles over stretching and treatment in physical therapy by Rob Dickerman I had a basic knowledge of what I assumed the exercises did for the lower back. The two main areas to focus on for the lower back are core strengthening and focusing on balance.

The area focused for treatment is the use of aquatic therapy. I have learned from previous articles how using aquatic therapy benefits patients with any type of injury. Most closely related to elderly patients because they can not do much in the physical aspect, so exercises with the pool are most beneficial. I am wondering what types of physical therapy areas use aquatic therapy because the one I went to for my hip with my knowledge did not have a pool area. This would be a good benefit for places to have. I wonder what types of exercises are used in the pool such as technology used or basic laps across the pool. I know about using an underwater treadmill in order to focus on the core and leg strength.

The low back is one of the ones that requires the patient to continue the exercises given long-term. Based on this, I want to know how to have the patient continue the exercises and when given initially how to come up with them based on the area of the injury. Also if the patient visits again in the future for a post examination on how they are doing and if they need more physical therapy visits or surgery. With patients that have surgery on the lower back physical therapy gets more beneficial because they have more that needs to be rehabilitated and worked on because of where the surgery took place. With new technology and an app built to send the patient a video of the correct way to do the exercise is beneficial. From the interview with Maggie Marshall back in September she talked about that she used the app rarely and only if it was needed in correlation with the patient's needs. Based on interviews and previous research the main way to teach them is when in physical therapy and if the patient has any questions or concerns over the types of exercises.

Another way to treat the lower back is called passive therapy. Passive therapy is simply the RICE method of treatment or Rest, Ice, Compression and Elevation. In this case in physical therapy the main way is the use of heat and electrical stimulation. Electrical stimulation is the most common use of treatment and is usually at the end. This treatment is placed on the area of the injury in this case the pads would be placed on the lower back. From the treatment used it is beneficial for the neuro aspect of the injury and areas correlated with it as a whole. Since the electrical stimulation treatment is common in college physics that has to do with electricity is a mandatory class physical therapy majors have to take to gain a basic knowledge over it. I want to know what other uses of treatment that have to do with electricity are because I only have knowledge over the electrical stimulation treatment.

