

Research Assessment #6

Date: November 17, 2017

Subject: Back Exercise for Pain Relief

MLA Citation:

Mooney, Vert. "Back Exercise for Pain Relief." *Veritashealth*, Spine-Health, 21 Nov. 2006, www.spine-health.com/treatment/physical-therapy/back-exercise-pain-relief.

Assessment:

Having established my original work project of videos of how to do exercises correctly, I came into this article, "Back Exercise for Pain Relief" by Mooney Vert, with focus on muscles that correlate with the low back and stretching and strengthening exercises.

The three types of muscles that correlate with the spine are flexors, extensors, and oblique or rotators. From these three types, the exercises that are used on a patient use those muscles in some way. I already had knowledge of flexors and extensors previously that correlate with the back because of past research of having a weak core is a trigger to pain in the lower back. Although, I did not know your obliques were an important muscle in the back as well. Based on the anatomy of the back, it makes sense because you use those muscles when going side to side which includes movement of your spine. From this, each exercise needs to work on the specific muscle because even though they are used everyday they need to be worked on separately to get strength in the areas. Do all three types work with each other in a way or when a patient comes in with low back pain could it be from all three or one separately that needs to be stretched and strengthened? For my original work, knowing these three now I want to research each type of exercise for those muscles specifically.

Stretching and strengthening go hand in hand one is just as important as the other. Before reading the article, I always thought strengthening was more important in regards to physical therapy. Although, logically being a dancer we always stretch our muscles out and strengthen them as well through movements during class, so in physical therapy rehabilitating the low back and other types of injuries would be relatively the same concept of stretching and strengthening the areas in pain and other areas that are not as well. For stretching, stretching the hamstring can help relieve pain from the lower back because when it is tight it can cause stress in the low back. For exercises for original work, I have a basic knowledge on some hamstring stretches I have done to help, but I want to ask my mentor what other types of stretching exercises are beneficial for the low back as well, so I can incorporate a variety of exercises so patients can look at their specific ones because every patient is different in regards to what they do with their physical therapist. In regards to strengthening, based on the article there are two different types of exercises called McKenzie exercise and Lumbar stabilization exercise. I already had previous knowledge of keeping a neutral spine and balancing exercises for the low back, although I did not know pain from the leg could create pain in the low back. Learning that different parts of the body can cause pain in the low back, I want to research other parts that correlate with the low back so I can understand how pain is caused from a variety of ways.