

## Why Physical Therapy?

Physical therapists are rehabilitation specialists extensively trained in evaluation and treatment of the musculoskeletal system. Working as a team with your doctor, your physical therapist:

- Evaluates the joints, muscles, and nerves of the spine and works to determine the best individualized treatment program for you. Most importantly, you will learn how to best self-manage your pain.
- Initiates pain-reducing steps including ice, heat, ultrasound, massage, traction, and electrical stimulation to help increase your comfort.
- Utilizes mobilization techniques to help restore normal joint movement to the spine.
- Assesses your posture and body mechanics. These issues can contribute to your symptoms. Poor postural alignment can cause stress to the joints, muscles and nerves of the spine. Poor body mechanics (the way you move) can overwork the spine, leading to injury.
- Instructs and trains you in a program of stretching, strengthening and coordination exercises designed to improve posture, strength, flexibility, and healthy spine habits to create long-lasting changes. Research has proven physical therapy is more effective in treating acute low back pain than just bed rest.
- Helps you get back to living! For example, physical therapy has been shown to reduce the number of work days lost due to back pain. With therapy, you will also reduce your chances of having another back injury in the future.

### Research References

1. Shiple BJ. Exercise is medicine. Treating low back pain: exercise knowns and unknowns. *Physician Sports Medicine*. 1997 Aug; 25(8):51-2.
2. Clare HA, Adams R, Maher CG. A systematic review of efficacy of McKenzie therapy for spinal pain. *Australian Journal of Physiotherapy*. 2004; 50(4):209-16.
3. Oostendorp R, et al. Evidence-based practice in physical and manual therapy. *Journal of Manual and Manipulative Therapy*. 2004 Vol 12, No 1:21-31.
4. Ljunggren AE, et al. Effect of exercise on sick leave due to low back pain: a randomized, comparative, long term study. *Spine*. 1997 July 15; 22(14):1610-7.
5. Hides JA, Juss GA, Richardson CA. Long term effects of specific stabilizing exercises for first-episode low back pain. *Spine*. 2001; 26(11):E243-248.

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## Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

## Vision

Jackson County Physical Therapy aspires to improve the quality of life for our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care. We will listen compassionately to your concerns and consistently provide our services with integrity.

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# Acute Back Pain



**JACKSON  
COUNTY  
PHYSICAL  
THERAPY, LLC**

Heal Your Body. Strengthen Your Life.™

## How did this happen?

Common ways of hurting your back:

- Physical activity such as housework or yard work, especially bending and twisting
- Participating in sports
- An accident, including car accidents
- Moving to a new home (packing and lifting)
- Taking care of young children (bending and lifting)
- Making a bed
- Putting on shoes or stockings
- Sitting with bad posture, especially over long periods of time

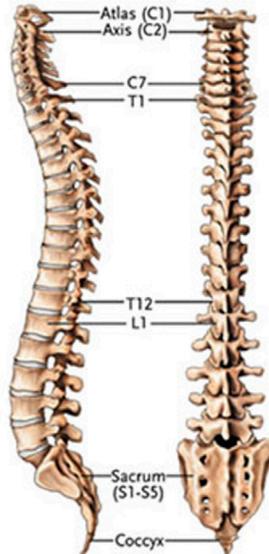


## What can the pain feel like?

Pain may be moderate to severe. The pain may be constant, or it may come and go. Pain may also spread or shoot down the hip, thigh, leg or foot. There may also be numbness and tingling in your leg or foot.

Things that may make you feel worse:

- Sitting in one place for a long time
- Moving your spine, especially when bending forward
- Walking extended distances
- Staying in one body position for long periods of time
- Standing up straight
- Coughing or sneezing



## What can I do to help myself?

Things that may make you feel better (although possibly not eliminate the pain entirely):

- Lying down with knees bent, pillow under knees
- Lying on side with knees bent, pillow between the knees
- Minimizing strenuous activity, icing back (and legs if necessary)
- Using anti-inflammatories, pain killers, muscle relaxants or other medications as directed by your medical provider
- Walking a little or gentle movements
- Physical therapy treatment

## If you have any of the following symptoms, contact your doctor immediately:

- Pain or numbness travels down one or both legs
- Pain awakens you from sleep
- You are finding it difficult to pass urine or have a bowel movement
- Pain is accompanied by loss of control of urination or bowel movements

## Physician Referral Slip Jackson County Physical Therapy, LLP

Name \_\_\_\_\_

Diagnosis \_\_\_\_\_

ICD - 10 Code \_\_\_\_\_

Precautions \_\_\_\_\_

- |   |  |
|---|--|
| <input type="checkbox"/> Evaluate and Treat   | <input type="checkbox"/> Heat                      |
| <input type="checkbox"/> Therapeutic exercise | <input type="checkbox"/> Cryotherapy               |
| <input type="checkbox"/> Joint Mobilization   | <input type="checkbox"/> Iontophoresis             |
| <input type="checkbox"/> Ultrasound           | <input type="checkbox"/> Phonophoresis             |
| <input type="checkbox"/> Massage              | <input type="checkbox"/> Electrotherapy            |
| <input type="checkbox"/> Traction             | <input type="checkbox"/> Neuromuscular reeducation |
| <input type="checkbox"/> Core Stabilization   |  |

Rx Treatment Prescription:

Rx Treatment Goals

**Required**

\_\_\_\_\_ times/week \_\_\_\_\_ weeks

Date \_\_\_\_\_ Physician Signature \_\_\_\_\_

Stamp/Print Physician Name \_\_\_\_\_