

## **BACK PAIN**

Back pain can be uncomfortable and debilitating. It can result from injury, activity or some medical conditions. A back problem starts developing long before the first signs of pain. In response to pain, back muscles often go into spasm to protect the back and to immobilize the area. Prolonged spasms can cause pain and stiffness. The problem usually continues even after the pain has dissipated. Apart from the general physical causes of back pain, factors like tension, exhaustion and the stresses of everyday life can exacerbate back pain considerably.

Each patient is evaluated individually, and treatment is based on the results thereof. As part of the treatment process, faulty biomechanics are addressed, ergonomics is discussed with the patient and an individualised exercise programme is developed to strengthen weak muscles and stretch tight muscles.