



## ST. JOHN-CLARK PAIN TREATMENT CENTER

### Low Back Pain: Symptoms and Treatment

- 80% of the population will experience back pain.
- Back pain accounts for more sick leave and disability than any other condition.
- In 80% of back pain cases, no specific anatomical cause can be found by physicians (idiopathic pain).
- Neurosomatic Therapy demonstrates how idiopathic pain develops due to the effects of postural imbalance on soft tissues.
- The extensive postural analysis provided by Neurosomatic Therapy targets the causes of pain.
- Structural injury/damage can be prevented or relieved with postural balancing.
- Neurosomatic Therapy provides measurable results in alleviating pain.



According to the National Institutes of Health (NIH) "If you have lower back pain, you are not alone. Nearly everyone at some point has back pain that interferes with work, routine daily activities, or recreation. Americans spend at least \$50 billion each year on low back pain, the most common cause of job-related disability and a leading contributor to missed work. Back pain is the second most

common neurological ailment in the United States - only headache is more common."



In fact, the NIH goes on to say that 80% of the population will experience low back pain at some time and that this condition accounts

for more sick leave and disability than any other condition. Additional research indicates that in 80% of those that suffer from low back pain, no specific anatomical source of pain can be identified. This kind of back pain is categorized by medical professionals as idiopathic, meaning, a cause cannot be determined. Of the 20% of low back pain cases where an anatomical source can be determined, such as disc herniation, arthritis, stenosis and spondylolisthesis, little information is given by the medical community as to the root causes of these conditions. Our study of posture and its relation to pain and musculoskeletal dysfunction fills a large void in the explanation of low back pain and, we believe, is the key to understanding the soft tissue pain that is generally characterized as idiopathic.

### **Effective, Non-Surgical Treatment for Low Back Pain**

With respect to low back pain, postural correction through Neurosomatic Therapy addresses sources of pain that are considered "structural" as well as purely muscular issues. For instance, postures where a spinal curvature, or Scoliosis, has developed predispose someone to experience a bulging or herniated disc (a "structural" issue) in the lumbar region of the spine, causing low back pain. If this postural distortion is allowed to continue, the likelihood that the disc herniation will become worse is very high. On the other hand, correcting the posture and the curvature of the spine can remove the pressure



from the disc that caused the herniation in the first place, quiet often allowing the disc to migrate back to its original position, resolving the pain. Muscle pain caused by spasm, strain, trigger points and reduced blood flow can be the result of the same spinal curvature. While these issues can contribute to pressures that may eventually cause disc herniation, they are often the main cause of low back pain all by themselves. There are many factors that can contribute to the muscular imbalances involved in a situation like this but, more importantly, recognizing the postural imbalance, which muscles are involved and applying treatment techniques to normalize the imbalance are vital to eliminating pain. Neurosomatic Therapy takes a systematic, measurable and efficient approach to postural balance.

Yogi Berra might have said it best – "You've got to be very careful if you don't know where you are going because you might not get there." Or, as we say "You can't hit a target that you can't see". The basis of Neurosomatic Therapy is an extensive evaluation of posture and a deep understanding about consequences for the body when it deviates from a balanced posture. The combination of these two facets of our work is a powerful tool in alleviating pain.

Call today to let one of our expert therapists answer any questions you may have regarding Low Back Pain (727) 347-HEAL (4325) or email us at [info@stjohn-clarkptc.com](mailto:info@stjohn-clarkptc.com).