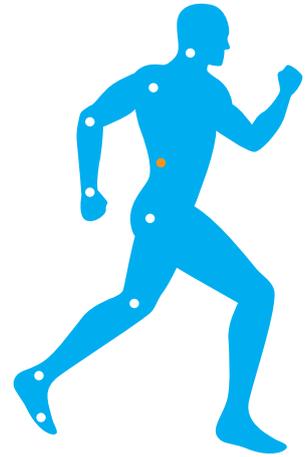


NECK & BACK PAIN

NIC COSTIFF PHYSIO & REHAB



Wry Neck

Sudden onset sharp neck pain with protective limitation of movement. Occurs after sudden movements or on waking. Maybe associated with unusual movements of prolonged abnormal postures prior to the onset of pain.

Poor Core Stability

Poor core stability can be as a result of lower back pain or cause lower back pain. The core muscles are responsible for stabilizing the structure of the spine and also feeding back information to allow correct movements. Many things can affect the core muscles including prolonged sitting postures, deconditioning, bad posture and child birth. It is possible to have a core that is too rigid. This may cause a compressive action to the spine causing poor movements and pain. Poor core stability can also be observed in patients with hip, knee and ankle pain.



Muscle Strain

Areas of tenderness also referred to as muscular knots may develop after arduous exercise or repetitive activities or prolonged postures where the muscle has had to overwork. They are called “trigger points” and can refer pain to other regions. Trigger points can reduce movement and be very sore. They are often treated with massage and other soft tissue techniques.

Nerve Root Compression

This often results from irritation from a damaged or prolapsed intervertebral disc. Frequently caused by a minor movement; this maybe because the disk has been previously damage or other pathology is going on. Acute back pain. Radiating symptoms into buttocks or thigh – sharp shooting pain in a narrow band into back of leg accompanied with pins and needles. Maybe painless but with weakness or sensory loss only. Aggravated by sitting, bending or lifting. Eased with lying down.

Other Conditions

- Spondylolisthesis
- Scoliosis
- Stress fractures
- Intervertebral disk prolapse
- Rheumatological causes

Mild to Moderate Lower Back Pain

Aching pain. Constant or intermittent. Maybe central, one sided or both sides, often described as a band across the lower back. Aggravated by certain movements. Maybe associated pain into the buttocks or hamstrings