

Title: *Core Strengthening and Physiotherapy in Chronic Low Back Pain*

AbstractText:

Chronic low back pain (CLBP) is a prevalent condition affecting adults, often exacerbated by prolonged sitting and poor posture. Effective management includes non-pharmacologic interventions, such as physiotherapy and core strengthening exercises, which aim to improve spinal stability, reduce pain, and restore function.

ReportText (full text snippet):

Patients with chronic mechanical low back pain often present with tenderness over the lumbar region, limited forward flexion, and discomfort when sitting for extended periods. Comorbidities such as hypertension and hyperlipidemia are common and should be considered in the management plan.

Pharmacologic treatment may include non-steroidal anti-inflammatory drugs (NSAIDs) as needed for pain control. Core strengthening programs, including targeted trunk and pelvic floor exercises, have demonstrated improvements in pain intensity and functional outcomes. Physiotherapy interventions focusing on motor control, flexibility, and posture correction are recommended.

Follow-up is essential to monitor progress, adjust exercises, and ensure adherence. Regular assessment of vitals (blood pressure, heart rate, oxygen saturation) and consideration of past medical history guide safe exercise prescription. Integration of evidence-based exercises, patient education, and pharmacologic therapy constitutes a holistic approach to managing CLBP.

This snippet touches on the **key elements from your EHR:**

- Chronic lower back pain → **CLBP**
- Tenderness, limited forward flexion → **exam findings**
- Hypertension & hyperlipidemia → **past medical history**
- NSAIDs PRN → **medications**
- Physiotherapy + core strengthening → **plan**
- Monitoring vitals and follow-up → **clinician best practices**