

# Acute Low Back Pain

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## 1 Resources

- Acute & Chronic LBP CPG - George et al.<sup>1</sup>

## 2 Types

### 2.1 Acute low back pain

Acute low back pain is defined as pain lasting less than 6 weeks.

### 2.2 Acute Low Back Pain + Leg pain

#### 2.2.1 DDX

- Herniations<sup>1</sup>

#### 2.2.2 Exercises

Goal: reduce pain & disability<sup>1</sup> - Specific trunk mm [Grade B]<sup>1</sup> - Endurance & mm strengthening [Grade B]<sup>1</sup> - Supine iso back extension and ab exercises → greater reduction of pain<sup>1</sup> - Herniations: general vs specific exercises, no diff at 3 month BUT at 1 year: specific trunk mm activation had greater improvement in back pain and disability<sup>1</sup>.

## 2.3 Centralization & Directional preference exercises

- Grade A<sup>1</sup>
  - Repeated movements, exercises, or procedures to promote centralization to reduce symptoms<sup>1</sup>
1. George SZ, Fritz JM, Silfies SP, et al. Interventions for the Management of Acute and Chronic Low Back Pain: Revision 2021: Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability and Health From the Academy of Orthopaedic Physical Therapy of the American Physical Therapy Association. *Journal of Orthopaedic & Sports Physical Therapy*. 2021;51(11):CPG1-CPG60. doi:[10.2519/jospt.2021.0304](https://doi.org/10.2519/jospt.2021.0304)