

Chronic Low Back Pain

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1 Resources

- Acute & Chronic LBP CPG - George et al.¹

2 Chronic Low Back Pain (No radiating sx)

2.1 Therex

- Grade A¹

Some of the exercises that were given a grade of A include:

- MM strengthening & endurance¹
- Multimodal exercise¹
- Specific trunk mm activation → coordination, strength, endurance¹
- Aerobic¹
- Aquatic¹
- General¹

3 Chronic Low back Pain + Leg sx

Defined by George et al., as back pain lasting more than 6 weeks with associated buttock and/or leg pain¹.

3.1 Rehab goals

- Centralize symptoms¹
 - Reduce Pain¹
 - Reduce Disability¹
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)