

# Chronic Low Back Pain

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## 1 Resources

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

## 2 Chronic Low Back Pain (No radiating sx)

### 2.1 Therex

- Grade A<sup>1</sup>

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

- MM strengthening & endurance<sup>1</sup>
- Multimodal exercise<sup>1</sup>
- Specific trunk mm activation → coordination, strength, endurance<sup>1</sup>
- Aerobic<sup>1</sup>
- Aquatic<sup>1</sup>
- General<sup>1</sup>

### 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 pain<sup>1</sup>.

#### 3.1 Rehab goals

- Centralize symptoms<sup>1</sup>
  - Reduce Pain<sup>1</sup>
  - Reduce Disability<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)