

Acute Low Back Pain

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

Table of contents

1	Resources	1
2	Types	1
2.1	Acute low back pain	1
2.2	Acute Low Back Pain + Leg pain	1
2.2.1	DDX	1
2.2.2	Exercises	2
2.3	Centralization & Directional preference exercises	2

1 Resources

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

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

- Herniations¹

2.2.2 Exercises

Goal: reduce pain & disability¹ - Specific trunk mm [Grade B]¹ - Endurance & mm strengthening [Grade B]¹ - Supine iso back extension and ab exercises → greater reduction of pain¹
- 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 disability¹.

2.3 Centralization & Directional preference exercises

- Grade A¹
 - Repeated movements, exercises, or procedures to promote centralization to reduce symptoms¹
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)