

Lower Back Pain



What is Lower Back Pain?

Lower back pain is felt at the lower region of your spine. There are many root causes that can impact people of all ages, making it one of the most common conditions seen in clinic.

👉 In simple terms: **It's discomfort in the lower back that can range from mild stiffness to severe pain that limits movement and daily activities**

Why does Lower Back Pain happen?

Lower back pain can come from many different areas and is often a combination of issues impacting the muscles, joints, ligaments, discs, or nerves in your back.

Common contributing factors include:

- Poor posture and lifting technique
- Weak or tight muscles within your core, back and/or hips
- Repetitive lifting or twisting
- Prolonged sitting or inactivity
- Previous injury or trauma
- Stress or tension
- Age-related changes (Disc degeneration, arthritis)

Less commonly, back pain can be due to serious conditions like fractures, infections, or nerve compression.

Common symptoms

- Dull, aching pain in the lower back
- Stiffness, especially in the morning or after sitting
- Sharp or shooting pain that may travel to the buttocks or legs
- Muscle tightness or spasms
- Difficulty bending, twisting, or lifting

How can physiotherapy help?

Most lower back pain improves with conservative care such as physiotherapy.

Physiotherapy may include:

- Strengthening and stabilising core and back muscles
- Stretching tight muscles
- Improving posture and movement patterns
- Manual therapies (Mobilisation or soft tissue techniques)
- Education on safe lifting and daily activities

Take the first steps towards feeling better.

Our experienced physiotherapists will:

- Identify the cause of your pain
- Create a personalised treatment plan
- Guide you through safe, effective exercises
- Support your long-term recovery
- Let you know if scans or other further investigations are required

Don't wait until your back pain worsens. Early treatment will lead to better results. Contact the team here at Emu Physio or use our online portal to book your appointment today.