NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Low Back Pain Management

Diagnosis Explanation:

Low back pain (LBP) is a common condition that can be caused by **muscle strain, disc problems (herniation or degeneration), arthritis, poor posture, or nerve compression (sciatica)**. Symptoms range from **dull aches** to **sharp, shooting pain**, sometimes radiating to the **hips, buttocks, or legs**. Chronic LBP may persist **longer than 3 months**, while acute LBP typically resolves **within 6 weeks** with proper care.

Specific Work Modifications:

- **If your job requires standing or walking:** Use **supportive footwear**, keep your **core engaged**, and take breaks to sit and stretch.
- **If your job involves lifting:** Avoid **bending at the waist**; instead, squat with knees bent and use your **legs to lift**. Consider a **lumbar support brace** if needed.
- **If your job is desk-based:** Adjust your **chair and monitor height**, keep **feet flat on the floor**, and take **breaks every 30-60 minutes** to move and stretch.
- **Avoid:** Prolonged standing or sitting, heavy lifting, twisting motions, and improper posture.

Specific Activity Modifications:

- **If you run or play sports:** Reduce **high-impact activities** and opt for **swimming, cycling, or walking on soft surfaces**.
- **If you hike:** Use **trekking poles**, avoid heavy backpacks, and stick to even terrain.
- **If you do weightlifting:** Avoid **deadlifts, heavy squats, and overhead presses**; instead, focus on **core stability and controlled resistance exercises**.
- **Avoid:** Sudden twisting, excessive bending, and activities that worsen pain.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for disc and ligament health.
- **Glucosamine & Chondroitin** - 1500mg/1200mg daily for joint and cartilage support.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Vitamin D3 + Calcium** - 1000 IU/500mg daily for bone strength.
- **Magnesium** - 300-400mg daily for muscle relaxation and nerve function.

Recommended Nutrition and Hydration:

- **Eat Anti-Inflammatory Foods** (salmon, leafy greens, turmeric, berries, nuts) to

reduce pain and stiffness.

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support muscle and tissue healing.
- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain disc hydration.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to keep spinal discs hydrated.

Home Exercise Prescription (Rehabilitation for Low Back Pain)

Early Phase (0-2 Weeks, Reducing Pain & Stiffness):

- **Pelvic Tilts** - Lie on your back, flatten lower back against the floor, hold **5 seconds**, repeat **10 reps, 2x/day**.
- **Cat-Cow Stretch** - On hands and knees, arch and round back, **10 reps, 2x/day**.
- **Child's Pose** - Sit back onto heels, stretch arms forward, hold **20 seconds, 3x/day**.
- **Standing Back Extensions** - Hands on lower back, gently lean backward, hold **5 seconds, repeat 10 reps, 2x/day**.

Strengthening Phase (2-6 Weeks, Improving Core & Spine Stability):

- **Glute Bridges** - Lie on back, lift hips while engaging core, **10 reps, 2x/day**.
- **Bird Dog Exercise** - On hands and knees, extend opposite arm and leg, **hold 5 seconds, repeat 10 reps, 2x/day**.
- **Seated Rows (With Resistance Band)** - Pull resistance band toward chest while keeping back straight, **10 reps, 2x/day**.

Advanced Phase (6+ Weeks, Enhancing Stability & Preventing Recurrence):

- **Side Planks (Modified if Needed)** - Hold for **10-20 seconds**, increase gradually.
- **Standing Core Rotations (Light Resistance Band)** - Rotate torso gently, **10 reps each side, 2x/day**.
- **Stationary Cycling or Swimming** - **15-20 minutes/day** for low-impact strengthening.

Helpful Books:

1. *Treat Your Own Back* - Robin McKenzie (self-care exercises for spinal health).
2. *The End of Back Pain: Access Your Hidden Core to Heal Your Body* - Dr. Patrick Roth.

Contact Key West Concierge Orthopedics to reach out to Dr. Jason Pirozzolo or schedule a Concierge Care without the Concierge Fee™ appointment. Check out Nonsurgicalorthopedics.com and TopOrthoDocs.com to continue your research.