

INJURY OF THE MONTH

BACK/LUMBAR PAIN

WHAT IS BACK PAIN?

According to the *New England Journal of Medicine*, about **two-thirds of adults will experience low back pain** at some point in their life. Many of these individuals suffer from low back pain (pain in the lumbar spine) and are often diagnosed with **Sciatica** or Sciatic-like pain. Back pain is caused by many things such as **sprains** and **strains**, **disc herniations**, nerve and muscular problems, as well as arthritis.

WHAT ARE THE SYMPTOMS?



- **Muscle aches**
- **Shooting or stabbing pain**
- **Pain radiating down the leg**
- **Inability to stand straight**
- **Limited flexibility** or range of motion of the back

HOW CAN AIRROSTI HELP?

Airrosti providers consistently and effectively treat musculoskeletal conditions by **addressing the cause of pain**, not just mitigating the symptoms.

- Detailed examination to diagnose true injury
- Quality one-on-one patient care
- Highly specific, non-invasive manual therapy
- Individualized active rehabilitation program
- **Avg. number of Airrosti visits to resolve most conditions = 3** (based on patient-reported outcomes)

ASK YOUR DOCTOR OR CALL TODAY TO SCHEDULE:

(800) 404-6050 | Airrosti.com

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