



Back or Neck Pain? Don't Wait, See Your Physical Therapist

Low back pain is the most common musculoskeletal condition with neck pain a close second. It is a common belief that most cases of back and neck pain will resolve without treatment in a few weeks, however recently this has been found to be false.⁵ A recent study demonstrated that only 40% of people receiving advice and medication from their primary care physician are fully recovered at 6 weeks.² Patients who only received care from their primary care physician or received PT after several weeks were at greater risk for^{2, 7}:

- **Higher disability**
- **Greater severity of symptoms**
- **Increased depression and anxiety**
- **Decreased quality of life**

Early treatment by a Physical Therapist utilizing treatment based classifications has been shown to:^{1, 3, 4, 6}

- **Decrease pain**
- **Improve patient function**
- **Return patients to work quicker**
- **Decrease health care spending**

In addition, patients who do not receive treatment are at increased risk of developing chronic low back and neck pain. Treatment by a Physical Therapist utilizing evidence based treatments such as manual therapy, exercise, and patient education will speed your recovery and decrease the chance of reoccurrence.

**Put your health in the hands of your physical therapist.
The best first choice in the care of musculoskeletal
conditions**

References

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