



## Understanding Mechanical Low Back Pain

Mechanical low back pain is one of the most common types of back discomfort. It usually feels like tension or aching across the lower back, sometimes spreading into the glutes, hamstrings, or thighs and can range from mild discomfort to intolerable pain. Unlike nerve pain, it doesn't usually cause numbness or tingling.

Many people describe it as a tight band across the low back, making it harder to stand up after sitting, standing in one position, or bending forward. Mornings or long periods of sitting often bring the most stiffness, while gentle movement and activity usually help relieve the pain.



The encouraging news is that mechanical back pain often improves with the right care, posture changes, and simple exercises to restore flexibility and strength.

### Typical Causes

- **Lumbosacral and Lumbar spine dysfunction**
- **Sprain-Strain Injury**
- **Intervertebral disc issues (small disc bulge or herniation):** Internal disc derangement.
- **Degenerative Changes:** Osteoarthritis, repetitive stress
- **Sedentary lifestyle and poor posture**
- **Imbalanced Core or Pelvic stabilizers:** Hip flexors, gluteals, hamstrings, etc.

### Typical Treatments

- **Chiropractic Care** – gentle pelvic and lumbar spinal adjustments/manipulation
- **Shockwave Therapy** – applied to the lateral pelvic stabilizers and lumbar paraspinal muscles
- **Flexibility & Soft Tissue Release** – techniques such as massage and Active Release Therapy (ART)
- **Therapeutic Modalities** – including combination therapy, electrical stimulation, and ultrasound
- **Targeted Exercises** – to restore movement, strength, and stability

