

Therapy

Treatment of low back pain



Lumbamed lumbar support orthosis support the treatment.

In acute low back pain, pain is first relieved with pain-killers (tablets or injections) and drugs to relax the muscles.

This is then followed by physiotherapy, manual treatment (osteopathy), application of local heat, massage or electrotherapy to improve the symptoms.

Experts warn against strict bed rest because weak back muscles are a risk factor for low back pain. Regular back exercises and swimming form part of the long-term treatment and, at the same time, are the best form of prevention. Correct posture and habits can be learnt in special courses (e.g. back training programmes). Special **back bandages** can help stabilise the spine and reduce muscle tensions.