

Seven Back Pain Warning Signs

If you answer "Yes" to any of the following questions, you should consult a therapist.

1. Has your low back pain extended down your leg?

If the pain persists and is severe, it is a sign that something is compressing a nerve running from your back to your leg.

2. Does your leg pain increase if you lift your knee to your chest or bend over?

If so, there is a good chance a disc is irritating a nerve.

3. Have you had severe back pain following a recent fall?

A fall may cause damage to your spine. Chances of injury increase if you have osteoporosis.

4. Have you had significant back pain lasting for more than 3 weeks?

Often, pain will go away with basic treatment. However, if your pain persists you should consult a spine doctor.

5. Have you had back pain that becomes worse when you rest, or wakes you up at night?

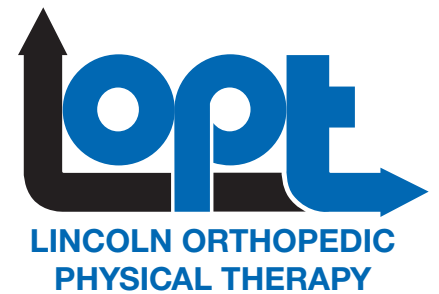
If this is accompanied by a fever, it may be a sign that there is an infection or other problem.

6. Do you have persistent bladder or bowel problems?

Bladder and bowel problems may be due to many causes, but some spine problems may cause these symptoms.

7. Do you get numbness or weakness in your legs while walking?

These problems can be caused by a narrowing of the spinal canal. This is called spinal stenosis.



Some things you can do to keep your back healthy:

- Quit smoking.
- Maintain a normal weight.
- Exercise at least three times a week.



We're all about helping people improve their quality of life.

North Office

26th and Superior
2550 Superior Street, Suite 100
Lincoln, NE 68521

402-434-5361 • Fax 402-434-5365

Darren Ferguson, MPT, ATC, SCS
Ben DeWaard, MSPT
Brent Bednar, MPT
John Linn, MPT, ATC
Heather Teut, PTA

Northeast Office

84th and Holdrege
1651 N. 86th Street, Suite 100
Lincoln, NE 68505

402-484-7117 • Fax 402-484-7118

Tom Kruse, MPT, MTC
Roger Sand, PT
Irma Jacobsen, PTA
Kristi Roddel, PTA

South Office

Williamsburg Village
6120 Village Drive
Lincoln, NE 68516

402-420-2626 • Fax 402-420-6502

Jake DeNell, PT, OCS, CWCE
Stephen Benson, DPT, OCS, MTC
Bruce Bednar, OTR/L, CHT, CWCE
Sherril Kilpatrick, PT
Jennifer Meyer, PTA
Jon Urwiler, PTA

www.loptonline.com