

## **EARLY INTERVENTION BETTER WITH LOW BACK PAIN**

**A recent study found that patients with low back pain who received early access to physical therapy (prior to 4 weeks) showed more improvement in perceived pain at 6 months than those whose intervention was delayed (Clinical Journal of Pain, Vol 22, No. 6 July/August 2006). This supports several previous studies which found that early intervention had fewer physician visits, fewer restricted work days, fewer days away from work, and shorter case duration. Remember to schedule a consult with one of our physical therapists when you first feel that low back pain so we can help get you back in action as soon as possible.**