



A Different and More Serious Complaint Occupational Low Back Pain

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*One-to-One Treatment always
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Your Therapy Team

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Occupational low back pain (OLBP) is a different and more serious condition than non-occupational low back pain (LBP). OLBP ranks as a leading cause of workplace disability, representing at least one fourth of all costs due to work-related conditions.¹ OLBP can be distinguished as a different clinical challenge from non-work-related LBP by these facts: the onset is more often sudden, treatment is more costly, subsequent disability is much more frequent, and the proven predictors for poor outcomes are different.²⁻⁴ For instance, studies specifically measuring return to work after four weeks of normal medical care have found full return to work rates of 28% to 58%, calling into question the assertion that most “recover” in four to six weeks with minimal intervention.^{5,6} **Four weeks is too long to wait for recovery. There is strong evidence that if a person misses four to twelve weeks of work, he or she will have up to a 40% chance of missing work for the ensuing year.** It is unlikely that a person missing work for up to two years will ever return to work in any capacity.⁷⁻⁹ Joblessness and chronic disability result. Research has associated joblessness and chronic disability with poverty, depression, suicidal behavior, family breakdown, domestic violence, infant mortality, crime, increased cancer mortality rates, and heart disease.¹⁰⁻¹⁶ High societal costs, slow recovery, high recurrence, and the potential for long-term disability and its associated sequelae make OLBP a serious complaint justifying an active care plan.



Same year recurrence of low back pain has been measured as high as 44%.^{8,17,18} To maximize the cost efficiency of care, authors suggest that general practitioners try to differentiate between those who will recover quickly without recurrence and those who will have recurrence or chronicity. In the absence of firm guidelines for such decision making, various studies have found certain predictors of prolonged disability such as older age, shorter job tenure, being female, presence of language barriers, and comorbidity.⁴ With OLBP, it is often stated that occupational and psychosocial variables play a larger role in predicting length of disability than biological measures. **However, the single strongest predictor of recurrence is a history of low back pain.**⁸ We suggest that, with cases of OLBP, a history of LBP may in itself be a reasonable trigger for a more active care plan designed to prevent recurrence and minimize the possibility of chronicity and disability.



One-to-One Care by a Licensed Professional

At Enfield Health & Wellness Center, all scheduled time with your patient is one-to-one time with a licensed therapy professional. We do not use aides or trainers with your patients. We do not attempt to assess your patient while simultaneously monitoring other patients. We feel this difference results in physical therapy programs that progress more efficiently and in better satisfied patients.

Please refer your patients to Enfield Health & Wellness Center

Doctor Recommended, Patient Preferred

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