



Low Back Pain

Physical Therapy is a proven and cost effective way to treat low back pain

At UPMC Centers for Rehab Services (CRS), our Physical Therapists help patients relieve pain, promote healing, and restore function and movement.

CRS Physical Therapists Provide:

- Comprehensive examinations
- Personalized treatment plans
- Evidence-based treatments
- Manual therapy
- Core stabilization
- Strengthening and conditioning
- Spinal traction
- Psychologically Informed Physical Therapy
- Encouragement for patients to maintain active lifestyles
- Promotion of wellness throughout episodes of care
- Individualized home exercise programs

CRS Physical Therapists are trained in the use of hands-on manual therapy. In appropriate patients, manual therapy to the lumbosacral region can yield a 92% success rate within the first week of treatment. Using a criterion of at least 4/5 examination variables present at baseline, the probability of successful treatment is raised to 95%.

CRS has partnered with UPMC Health Plan to develop and implement the Low Back Initiative. Physical therapists are educated and trained on the Treatment Based Classification System with evidence-based evaluation and management of patients presenting with lumbar spine related disorders. This supports the IHI Triple Aim Initiative in healthcare (population health, patient experience, per capita cost).

CRS physical therapy averages 8 therapy visits for the treatment of low back disorders.

For more information, contact UPMC Centers for Rehab Services at **1-888-723-4CRS (4277)** or visit us at **[UPMC.com/4CRS](https://www.upmc.com/4CRS)**.