

# LBP Treatment Classification

	Manipulation	Flexion Biased	Extension Biased	Stability	Traction
Hx	Pain < 16 days	Radicular	Radicular	Age < 40	Symptoms distal to buttock
	Sympt <u>not</u> past knee	Improves with sitting	Improves with stand/walk	Generally hypermobile	
	FABQ < 19	Worse upon stand/ walk	Worse upon sitting	"Hitch" or "Catch" when flexing (aberrant mvmt.)	
			Difficulty arising		
Exam	Hip IR > 35 degrees	Centralizes upon <u>flexion</u> testing	Centralizes upon <u>extension</u> testing	ASLR > 90	Pos. nerve root compression
	Seg. Hypomobility			Pos. PA shear Impr Prone Instability	Peripheralizes upon extension
				Pos. passive lumbar extension	
Dx	ISJD- Hypomobility	Disc	Disc	ISJD- Hypermobility	Stenosis
	Facet Syndrome	Stenosis		Spondylolisthesis	Degeneration
					Disc
Tx	Manipulation	End range loading in flexion	End range loading in extension	Stability exercise	Traction
HEP	Mobility; cat/camel, foam roller,	K to C, seated flexion, stand K to C	Press-up low, high, stand, & wall ext.	Dead bug, side bridge, bird dog	
ADL			Lumbar roll	Abdominal Bracing	Home traction