



## LOWER BACK PAIN

It is estimated up to 80% of people experience back pain in their life. According to the World Health Organization, it is the leading cause of years lived with disability. Lower back pain forces more people out of the workforce than heart disease, diabetes, hypertension, neoplasm, respiratory disease, and asthma combined.

### CAUSES

- Poor posture
- Alignment of joints
- Improper footwear

### MOVEMENT & LOWER BACK PAIN

The best thing your patients can do for lower back pain is to incorporate simple – but effective – motions into their daily routine, such as standing and walking. While pain in the lower back is common, the disability associated with this pain doesn't need to be.

### CONSERVATIVE TREATMENTS

The key to managing lower back pain is to keep moving and avoid prolonged bed-rest. Here are three devices that will give your patients confidence to resume their daily or workplace activities with less pain.



**Custom Orthotics**



**Low Back Braces**

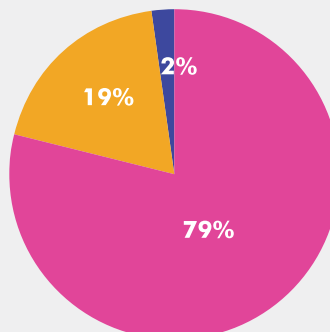


**Trekking Poles**

### ORTHOTICS EFFECTIVENESS STUDY

#### GLOBAL RATE OF CHANGE of pain and function

- Improved
- No Change
- Worse



Based on **192 patients** with lower back pain. Patients were seen from Jan 2017 to March 2018 at Kintec.

Data does not include improvements made from adjustments.