

Frank's Never Ending Back Pain

Frank had low back pain for years and because of pain he was unable to train, he spent over 24 games on the disabled list, and his back constantly bothered him. His back pain started as a dull ache in high school, aggravated when he would squat. Soon it became difficult to play, requiring pain medication to get through the game. Now it's a stage where he wonders if his career is over.



How we helped

	Posture	Mobility	Movement	Output	Capacity
Relevant Findings	Antalgic gait. Sits with a spine flexed. Anterior head carriage with internally rotated shoulders. Genu Varum of the knees.	Tightness in hamstrings (ASLR at 60 degrees), hip flexors, external hip rotators. Limited lumbar flexion and lateral bending, approximately 60% and 70% respectively when compared to normal. Thoracic spine is hyperkyphotic and rigid. Scapular movements demonstrated scapular winging.	Unable to properly demonstrate a hip hinge and bends with spine flexion. Activities of daily living are performed with initiation of movement with his spine and with his spine in flexion. Demonstrates poor lifting mechanics without abdominal bracing when lifting a 28lbs box. Unable to demonstrate proper airplane movement.	Force and rate of force development are normal, but are below average when compared to other professional hockey players. Movement dysfunctions are present which limit his force and power production. Pain was experienced during force and power testing localized to his low back.	Holds neutral spine hold to 60% of capacity, side bridge discrepancy of 50% right 40% left of ideal.
Treatments	Acupuncture to relieve pain and combined with ART to address fascial restrictions in his hip flexors, low back and hamstrings.	Develop hip mobility, thoracic spine mobility, and improved mobility about the shoulder.	Teach patient to hip hinge, basic movements (such as squat, lunge, and single legged squat), and improve sport specific movements to spare the back from aggravating forces. Teach patient proper lifting, sitting and postural habits to reduce habitual stress to low back.	Develop hip hinge force and power development while grooving proper spine mechanics during strength and power exercises.	Develop neutral spine holding capacity in the plank, side bridge, trunk flexion hold and back extension.

Results

“My back feels incredible. I’m no longer in pain and I’m playing the best I ever have. I never would have thought FITS would make this much of a difference. Incredible. I would recommend it to anyone. THANK-YOU”