

Seven Back Pain Warning Signs



Lincoln Orthopedic
Physical Therapy

If you answer "Yes" to any of the following questions, you should consult a therapist.

- 1. Has your low back pain extended down your leg?**
If the pain persists and is severe, it is a sign that something is compressing a nerve running from your back to your leg.
- 2. Does your leg pain increase if you lift your knee to your chest or bend over?**
If so, there is a good chance a disc is irritating a nerve.
- 3. Have you had severe back pain following a recent fall?**
A fall may cause damage to your spine. Chances of injury increase if you have osteoporosis.
- 4. Have you had significant back pain lasting for more than 3 weeks?**
Often, pain will go away with basic treatment. However, if your pain persists you should consult a spine doctor.
- 5. Have you had back pain that becomes worse when you rest, or wakes you up at night?**
If this is accompanied by a fever, it may be a sign that there is an infection or other problem.
- 6. Do you have persistent bladder or bowel problems?**
Bladder and bowel problems may be due to many causes, but some spine problems may cause these symptoms.
- 7. Do you get numbness or weakness in your legs while walking?**
These problems can be caused by a narrowing of the spinal canal. This is called spinal stenosis.

Some things you can do to keep your back healthy:

- Quit smoking.
- Maintain a normal weight.
- Exercise at least three times a week.



For Sports. For Work. For Life.

North Office

27th & Superior
4920 N. 26th Street
Lincoln, NE 68521
402-434-5361 • Fax 402-434-5365
Darren Ferguson, MPT, ATC, SCS
Ben DeWaaard, MSPT
Brent Bednar, MPT, OCS

Northeast Office

84th & Holdrege
1651 N. 86th Street, Suite 100
Lincoln, NE 68505
402-484-7117 • Fax 402-484-7118
Roger Sand, PT
Tom Kruse, MPT, MTC
John Linn, MPT, ATC, OCS

South Office

Williamsburg Village
6120 Village Drive
Lincoln, NE 68516
402-420-2626 • Fax 402-420-6502
Jake Denell, PT, OCS, CWCE, CEEAA
Stephen Benson, DPT, OCS, MTC
Bruce Bednar, OTR/L, CHT, CWCE
Sherril Kilpatrick, PT

Beatrice Office

1200 N 6th St #B
Beatrice, NE 68310
402-228-1222 • Fax 402-806-4115
Zack Zade, DPT, CSCS

www.loptonline.com