**BLOG POSTS – What Are Good Treatments for Acute Lower Back Pain?\_d2**

Cutting Edge Integrative Pain Centers

 **What Are Good Treatments for Acute Lower Back Pain?**

 **Keyword**

Acute Lower Back Pain Treatments

 **Target Web Page:**

<http://michianapainrelief.com/services/>

 **Description Tag** (155 characters):

Good treatments for acute lower back pain can change your life. The specialists at Cutting Edge Integrative Pain Centers can help! Call 574-821-4363 today.

**Title Tag / Headline**: What Are Good Treatments for Acute Lower Back Pain?

Your lower back (lumbar area) is vital to your mobility and health. The lower back provides structural support, movement, and it even helps protect certain tissues in the body. When back pain is left untreated, it can affect your ability to stay active, be healthy and enjoy life.

**Treatments for acute lower back pain**

From lumbar strain to soft tissue trauma to sciatica, treatment for lower back pain is recommended after an accurate diagnosis and confirmation of a specific cause. Some effective treatments include:

* **Physical therapy** – Through a variety of treatments, such as heat, ultrasound, electrical stimulation and muscle-release techniques, physical therapy and specific exercises can stretch and strengthen back muscles and soft tissues to reduce pain. As pain improves, you’ll learn exercises to increase your flexibility, strengthen your back and abdominal muscles and improve your posture. Regular use of these techniques can help prevent pain from returning.
* **Medications** – Over-the-counter pain relievers, injections of cortisone an anti-inflammatory medication or topical pain relievers can temporarily relieve pain, and help minimize soreness you may experience as you heal through physical therapy.
* **Surgery** – If you haveconsistent pain related to radiating leg pain or progressive muscle weakness caused by nerve compression, you may benefit from surgery. Many of today’s minimally invasive techniques can be performed in an office setting and offer shorter recovery times than traditional surgical techniques.

**A 360o approach to lower back pain relief is close to home**

Lower back pain can affect people of all ages. It could be the result of an injury, a slight-but- sudden movement in the wrong direction; it could be arthritis-related or caused by a good old-fashioned strain. Not to worry. Cutting Edge Integrative Pain Centers is right here, providing [low back pain treatment in Michiana](http://michianapainrelief.com/services/). Through a personalized treatment plan that may include physical therapy, yoga, medication or a minimally invasive surgical procedure, our board-certified physicians can relieve your pain, help you get stronger and feel good again.

Don’t let lower back pain put limits on your life. To schedule an appointment, call 574-821-4363 or [click here](http://michianapainrelief.com/contact-us/) to use our online form.

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