

Decreasing Back or Spinal Pain at any Stage of Life: From Childhood to Senior Years

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Back or spinal pain is one of the most common and most challenging clinical conditions seen in medical practice. Spine pain (including neck, mid back and lower back pain) is so prevalent that it affects more than 75% of the population though out a person's lifetime. Low back pain is currently a leading contributor to the global burden of disease as measured by years with disability and neck pain is at number four.

In fact four out of five adults will experience back pain sometime during their lifetime and a high percentage of seniors will have a significantly reduced quality of life due to on or more back pain conditions. Studies have demonstrated that back pain is often a "co-morbidity" associated with other illnesses most common of which are depression, anxiety, diabetes, heart disease and obesity.

Until about ten years ago, it was believed that back pain was primarily an adult problem, which back pain had a tendency of becoming more disabling with advancing years. Although there is no dispute that back pain is a significant problem with working adults (and a contributor to long-term disability and chronic disease), there is evidence to suggest that back pain may originate much earlier in life. Although less is known about the prevalence of back pain in infancy and young children, there certainly are common non-developmental and non-malignant spinal conditions that contribute to pain in these age groups such as torticollis, sprain/strains, postural conditions and scoliosis.

Developing a back resilience plan is key to controlling back pain.

Prevalence rates for neck and low back pain has been shown to increase steadily throughout adolescence and hits adult rates by ages 18 to 20. One third of teens report recurring back pain and one fifth have frequent and intense pain. Their pain impacts participation in sports and social activities and negatively impact quality of life. Population studies have shown that children or teens who report spine pain also tend to suffer from spine pain throughout adulthood. It is evident that spinal pain in adolescents may not be simply dismissed as "growing pains" or transient pains. On the contrary, back pain in teens often requires a proper diagnosis and a treatment plan as early as possible to prevent future chronicity.

Evidence is mounting that teens with back pain have a high risk of growing into adults with back pain.

Spinal pain in children and teens tends to occur in individuals who also suffer with other conditions including depression, cardio-vascular disease and headaches. Just as with the cycle of frailty recognized with seniors, evidence suggests that loss of function in one system, i.e. musculoskeletal system accelerates decline in other bodily systems thereby contributing to an overall deterioration in health. For instance back pain can become a barrier to participation in sports and social and recreational activities resulting in a negative consequence for the individual's health throughout life

Health and lifestyle early in life have a profound impact on health and quality of life in later years. For example the leading causes of cardio-vascular disease and diabetes originate early in life and track into adulthood and advanced years. It is a known fact that insufficient physical activity lead to bone fragility, muscle weakness, decreased oxygen throughput, decreased arterial size, altered blood lipid levels, metabolic inefficiency- resulting in conditions such as cardiovascular disease, osteoporosis, type II diabetes and obesity. This can all be prevented with early detection of risk factors and a management plan for those individuals with spine pain.

Are you or a loved one experiencing any of the following?

- Persist low back pain
- Persist neck pain
- Headaches
- Abnormal gait or mobility issues
- Persist crying or complains of pain when touched (infants and children)
- Abnormal posture, i.e. slumping uneven shoulders (adolescents)
- Pain in one leg or both legs (seniors)
- Numbness or tingling in buttocks or legs or toes (seniors)
- Depression and/or Anxiety
- Avoidance of recreational activities
- Difficulty in Normal Activities of Daily Living

As is often the case in medicine, complex problems seem rarely to find their solution in one place or one health provider. On the contrary, a proper multi-disciplinary team is one with different skill sets, case management and common treatment goals. At SPINEgroup, our support team will assist you to develop a back resilience plan that is right for you or our loved one to reduce the burden of pain and improve quality of life.

SPINEgroup®: Dedicated to Excellence for Spine Care

At SPINEgroup, we strive for the highest possible standards in spine care. We are a unique clinic in Ontario that brings together a team of clinical experts trained in spine and spine related conditions targeted at diagnosing and managing chronic and complex spine pain disorders through coordinated programs of care. This means the treatment is aimed at getting you better, faster and at the lowest cost. Our chiropractor, physiotherapist, massage therapist and/or psychologist deliver the program of care and you are case managed by our registered nurse in conjunction with your family doctor and/or specialist

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Seniors (65+)
Children (Under 19)
Post Hospitalization ODSP/OW

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Languages Spoken:
Italian, Spanish, Hindi

Our Unique Treatment Approach

The Spine Care program has a high success rate for complex spinal injuries and conditions including spinal stenosis, scoliosis, herniated and bulging discs, moderate to severe disc degeneration, with on our evidence based, team modelled and self-management approach. Treatment management typically includes spinal manipulation, spinal rehabilitation, laser therapy, spinal decompression, massage therapy and psychotherapy. In most cases patients are able to receive reimbursement for the program cost through their extended benefit insurance plans.

The program length is **16 sessions over 8 weeks**, followed by a consult at one month and at three months post discharge. Patients thereafter will receive assessments (in person or through teleconference) every year to ensure continued compliance, motivation and clinical outcomes. Your medical physician will receive reports on your progress.



SPINEgroup's new "Boot Camp for Spinal Stenosis" offers a cost effective treatment option for seniors with chronic pain and disability with severe degenerative disc disease and spinal stenosis.

In addition to our OHIP funded physiotherapy services and our **Advanced Spine Care Program**, SPINEgroup offers *Small Group Rehab* programs including our new Boot camp for Spinal Stenosis. Our "Group Rehab" programs are excellent options for those who have been discharged from their OHIP physiotherapy treatment plans or have completed their Spine Care Program or those seniors looking for a unique option for their rehabilitation. The Boot Camp Program is conducted with small groups of patients over 12 weeks with a maximum of 6 participants.

BOOTCAMP FOR SPINAL STENOSIS

25 dollars per session

"Group Therapy for Seniors"
Contact SPINEgroup for more information

905-850-7746

Dr. Connie D'Astolfo, DC, PhD (c) is a chiropractor and the director of SPINEgroup® an integrated medical rehab clinic located in Vaughan. Dr. D'Astolfo is currently pursuing a PhD at York University. She has several published peer reviewed articles and is a chapter author for several medical texts. Her interests include chronic disease prevention and management, spinal disorders and rehabilitation. You can visit our website at www.spinegroup.ca or contact our client care representative at **905-850-7746** for more information on our clinical programs including our popular Spine Care Program.