

Spinecare Introduction

Stages of Backcare

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The non-surgical treatment plan for care of the spine can be divided into four overlapping phases. Each phase has objectives or goals to reduce pain and/or improve function.

I. Acute Phase: When the patient presents with acute pain, the initial efforts are to reduce inflammation and swelling. This phase requires acute intervention and the care is usually more passive. The primary goal is to promote rest, to reduce secondary complications, to diminish muscular spasm, to reduce inflammation, and to alleviate pain.

II. Remobilization Phase (Subacute): The primary therapeutic goal during this phase is to increase pain free range of motion of the involved spinal region or joint segment. Movement is emphasized to help minimize deconditioning. This phase usually corresponds the proliferative phase of healing. Timely and appropriate tissue remobilization will help prevent the formation of deleterious scar tissue or adhesions.

III. Rehabilitative Phase: The primary goal in this phase is to restore strength, to improve endurance, and to increase physical work capacity. The rehabilitative phase consists of active exercise. It may also include balance and gait retraining. This phase may last from two to twelve weeks depending on the severity of the underlying spinal condition.

IV. Lifestyle Modification: The primary goal of life is to return to the "real world." This may require modification of social and recreational activity, reduced environmental risk factors, and the development of coping skills.

V. Wellness and Prevention: This phase of spine care focuses on learning how to prevent re-occurrence of a problem and preventing spine injury. The patient will learn about available screening programs, diet and exercise. The goal is to remain "well."