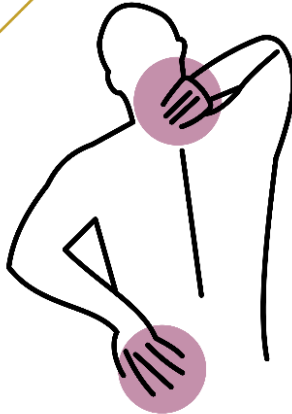




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# Physiotherapy for Back Pain



# How long does physical therapy take?

## ✚ Duration of treatment:

- Initial assessment: 30-60 minutes
- Follow-up sessions: Usually 30-45 minutes each

## ✚ Number of sessions:

- Acute cases: 1-3 sessions may be sufficient.
- Chronic conditions: A longer course of treatment may be needed, usually 4 to 12 sessions depending on the severity and response to treatment.

The physical therapist is responsible for designing and building the treatment plan in a way that is tailored to the individual needs of each patient, the goal is to help the patient recover in the fastest and best way possible, considering his personal needs and requirements.



## Who can benefit from physical therapy?

- ✚ **People with previous injuries:** If you have had previous injuries where you feel pain or discomfort.
- ✚ **People who suffer from chronic pain:** If you suffer from pain exacerbated by walking long distances, lifting heavy loads, or traveling for long hours Physiotherapy might be a viable option.
- ✚ **As a form of preventive care:** If you want to prevent future injuries and keep yourself in the best physical condition possible in addition to maintaining a high level of fitness.



## Who can benefit from physical therapy?

- ✚ **Post-Surgery Rehabilitation:** If you have had surgery and need to ensure that you regain full function for the parts that have been underwent surgery  
Regardless of your physical condition or level of fitness physical therapy is an excellent choice to maintain strength and power and improve your functional movement range to ensure a good quality of life well into old age.

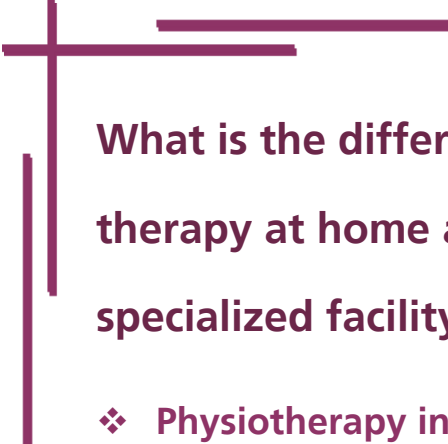


# What is the difference between physical therapy at home and physical therapy in a specialized facility?

## ❖ Physiotherapy in home


- **Convenience:** Sessions are held at your location, saving time and travel.
- **Personal attention:** Individual sessions tailored to your environment and daily routine.
- **Flexible scheduling:** It's easier to fit into your busy travel schedule.





# What is the difference between physical therapy at home and physical therapy in a specialized facility?

## ❖ **Physiotherapy in a facility**

- **Specialized Equipment:** Access to advanced tools and technology for diagnosis and treatment.
  - **Diverse selection of therapists:** The ability to consult specialists in different fields of physical therapy due to the sessions being in a facility that is likely to house multiple physical therapists who vary various levels of expertise to improve the experience.
  - **Structured environment:** A more formal setting may provide a wider range of treatment options and a more consistent level of care.
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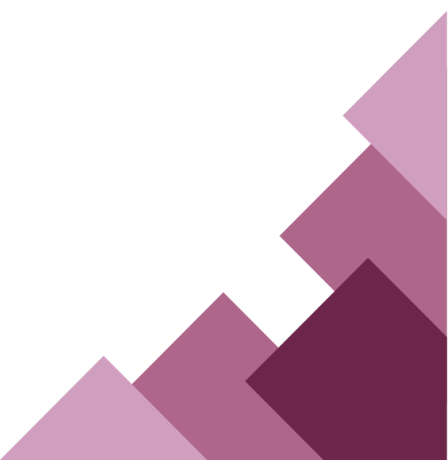


## **What is Electrotherapy?**

Therapy that employs the use of electrical current for the treatment of some diseases of the body including chronic pain, muscle contraction, and recovery of damaged tissues.

## **What are the benefits of Electrotherapy?**

Stimulation of Muscle Contraction (useful in cases where muscle disuse or reduced power has occurred due to sickness or injuries in the process of physical therapy)

- Pain Management
  - Increase in Blood Circulation
  - Promotion of Tissue Repair
  - Reduction of Inflammation
  - Improvement in Joint Mobility
- 









### Sources and References:

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All illustrative images from canva.com

### Review and audit:

The content of this booklet has been reviewed by Neurosurgery consultants at King Fahd University Hospital.

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**IAU-24-614**



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