

Lower back pain?

Lower back pain is one of the most common conditions encountered by people of all ages.

Regardless of your level of activity, the stresses you place on your body can end up triggering this uncomfortable and often debilitating condition.

North Vancouver's Moveo Sport and Rehabilitation Centre has a number of professionals who can help you manage and overcome lower back pain. A multi-disciplinary treatment centre, Moveo uses a coordinated team approach to make sure you get the right kind of treatment at the right time in the healing process.

...Moveo uses a coordinated team approach...

Meghan Meagher, a member of Moveo's multi-disciplinary team, is a Registered Physiotherapist with a passion for helping people recover from back injuries.

"There are several causes of lower back pain," says Meghan. "Many back problems are a result of degeneration — wear and tear on the parts of the spine over many years. Another cause can be something as simple as posture. In the workplace, and even at home, our backs can become

subjected to the same postures for hours. How often do you get up and move around, allowing your spine to stretch and your muscles to work as they were made to do?"

As well as treating the symptoms, Moveo works to uncover the root causes.

"We perform a comprehensive physical examination of the posture and mobility of your spine, and assess the muscles and joints of your low back," says Meghan. "We also assess the alignment and biomechanics of your lower body from your hips to your feet. Sometimes we perform a video gait analysis to get a detailed assessment of your muscle patterns and joint mechanics if your pain is provoked by walking or running."

By understanding the root causes of your lower back pain, Moveo can initiate a comprehensive treatment plan

By understanding the cause of your lower back pain, Moveo's uniquely effective treatment can begin a lot sooner.



that is specific to your unique presentation.

"Our team of physiotherapists, chiropractors, massage therapists and acupuncturists work to give you the most optimal and timely care throughout your rehabilitation. This typically results in you requiring fewer treatment sessions and enables you to get back to an active lifestyle as quickly as possible. The goal is to provide you with the right kind of services at the right time in order to facilitate the most efficient recovery possible."

You'll learn how to immediately reduce your pain and discomfort through a variety of strategies.

"After your examination, we'll identify factors which may be

...we'll identify factors which may be contributing to your pain...

contributing to your pain and teach you how to reduce or even eliminate the stresses responsible for your symptoms. Awareness about proper body mechanics during activities such as lifting, driving, or during specific sport skills can play a major role in both managing and preventing back pain."

If you or someone close to you suffers from lower back pain, a trip to Moveo can help ease the suffering and get you active again. Check them out online at www.moveo.ca.

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Movéo = to set in motion

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