

## **Soundbite Script – When back pain calls for physical therapy**

**Ashley Gunlock, physical therapist, OSF HealthCare**

“The biggest thing that we see as physical therapists is people don't always know how to use their body. Either they are moving it too much or not moving enough. Our back is the center of our movement and it's also the center of our control. If you don't have control or stability, or you over utilize it, then you're going to hurt your back. Since your back has the nervous system right in the middle of it – if you're using it wrong the nerves are going to tell you you're doing something wrong.” (:25)

**Ashley Gunlock, physical therapist, OSF HealthCare**

“In physical therapy, we're going to find the movement patterns that you're doing wrong that impact the disc or impact the sciatic nerve, and what we try to do is reverse or improve that motion so that there's less strain or stress on the area that's getting hurt repeatedly.” (:20)

**Ashley Gunlock, physical therapist, OSF HealthCare**

“Outpatient physical therapists will treat low back pain more than any other diagnosis. We see this all the time. What makes it tricky is that every patient does not look the same. Your movement pattern might be different. Your presentation alone might differ, you might have some underlying weakness that may be associated with this, or may not. So, we try to individualize each plan of care to the movement faults that we find, the weakness that we find, the ability for you to understand what we're saying and how to change the way that you move or hold your body through postural exercises.” (:39)

**Ashley Gunlock, physical therapist, OSF HealthCare**

“Our biggest goal as therapists is to teach you how to move your body,” she says. “If you come in to do exercises and then you go back and do the thing that's creating that pain, you will get very frustrated and feel defeated. Our goal is to help you understand what the most efficient way to use your back is, how to relieve the pain when you have it, and how to get stronger to prevent that reoccurring pain.” (:28)