

Telehealth for

# Acute Low Back Pain



**SOUTH SHORE**  
Physiotherapy

1.

Acute low back pain is a common dysfunction that most people have experienced at some time



During the first few days, simple advice and exercise can be very beneficial in managing symptoms.

2.

Through our telehealth service, we can identify possible aggravating factors and discuss your questions and concerns



3.

We can also have you perform some basic tests at home to help guide our treatment plan



4.

Based on our findings, we can provide education and exercises to help you understand and manage your symptoms, and improve your mobility and function



5.

We can then follow up with an e-mail summarizing our discussion and advice, and provide a document with pictures and descriptions of the exercises we went over.

