

## Physiotherapy in Mechanical Low Back Pain

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Low back pain is a global burden now. From developed to developing country it is increasing rapidly. No part of the world, no gender, no socioeconomic class is immune. In Bangladesh, no country wise survey data was found but my observation says prevalence of low back pain is high particularly from adult population to aged group. Evidence suggests that most of the low back pain come from mechanical origin that means muscles, ligaments, disc is/are involve individually or combined with movement. In our country, traditionally patient with low back pain prone to take painkillers from local pharmacy to remove symptom. If not recovered then consult with general practitioner/orthopedics/neuro-specialist. But they usually do; just depend on Non-steroid anti-inflammatory drugs and muscle relaxants. Sometimes refer to physiotherapists. Mechanical pain should be treated mechanically by correction of posture, modification of life style, strengthening and or stretching of back muscles, manipulation and correction of movement. It is best manageable by physiotherapists because he or she knows bio-mechanics, principle of movement, therapeutic exercise, spinal anatomy and kinesiology. System to be developed so that patient can directly contact with physiotherapists both in private and public hospital in order to avoid side effects of NSAIDs. But what we really see? Other medical professionals are prescribing painkillers as well as some electrotherapy modalities like short wave diathermy/ultrasound therapy/trans-cutaneous electric nerve stimulator in case of low back pain. Better they can refer to physiotherapists in order to physiotherapeutic management. We should keep in mind that electrotherapy is a part of physiotherapy. Physiotherapy does not mean only electrotherapy. It is the duty of physiotherapy professionals to aware other medical professionals about physiotherapy and its multidisciplinary application by arranging seminar/workshop/conference/symposium. Print media and electronic media can contribute also. Hope to see that Bangladesh Physical Therapy Association (BPA) is organizing workshop in corporate level to build awareness on mechanical low back pain but this effort should be reached all over the country.

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