

Standard Treatment protocol Lower Back Pain

	Lower Back Pain
Important:	The protocol is dependent on the exact cause of the lower back pain Below we describe 3 different ways of using Pelvicenter with lower back pain
Therapy duration	20 minutes
Position of coil:	1) Under the urinary sphincter, normal strength training, patient sits straight 80 degrees, high intensity, 35/50Hz 2) Directly under the spinal cord 3) Directly on multifidus muscle, patient will lie in pelvicenter, use moderate intensities and frequencies
Number of sessions	minimum 6 recommended 16 for long term positive results 2 to 3 times per week

Notes:

- 1) Important: Protocol above is for Guidance purposes only. It is important to understand that every patient is different and causes of back pain can be different from one person to the other. So for some patients the stimulation of QRS Pelvicenter must focus more on the Pelvic Floor muscles (coil placed directly under the urinary sphincter). For other patients, it is more effective to focus the stimulation more directly under the spinal cord (put the coil at 0cm directly under the spinal cord). Or to ask the patient to lie in the Pelvicenter and focus the stimulation directly on the segmental muscles around the spinal cord. The exact treatment protocol can only be defined by a Medical Doctor after diagnosis of the patient.
- 2) When the patient suffers from weak pelvic floor muscles then the focus is on training the function and strength of the pelvic floor muscles. Here it is best to use high intensities (level 5 and 6) and high frequencies (between 35Hz and 50Hz).
- 3) When the lower back pain is more caused by non function of segmental muscles around the spinal cord (multifidus muscle) then it is best to use lower frequency and lower intensity. The multifidus does not respond to strength training. The focus must be on improved function.