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THE SLICE

by well@work

***INJURY OF THE MONTH:
LOW BACK PAIN***

Your injury-of-the-month science insight for pain relief & better performance.

Can't tie your shoe or pick up the ball?

We've been there too...a not so flashy moment when our back gives out.

The good news? You're not broken.

We have a solution.



The Science

1. Leading cause of injury in adolescent tennis players & worldwide in adults

In the young athlete, bone injuries tend to be more common than tendon injuries, in adults it's the reverse

2. Imaging findings don't explain pain very well

Disc bulges, degeneration, and other "abnormalities" are frequently seen in people *without* back pain, which means scans don't always tell the full story

3. Too much rest and delayed care are linked to poorer outcomes

Studies show people who receive early, individualized rehab improve sooner and with less disability at 4 weeks and 3 months compared to those who rely on rest or delayed care

What You Can Do



1. Seek a strength program that's specific to you

It's not just about weak core & glutes. You need more than that.

2. Stay calm & regain your confidence

Low back pain can feel intense, but pain severity doesn't automatically mean serious damage, it means your body is asking for help

3. Get guidance ASAP

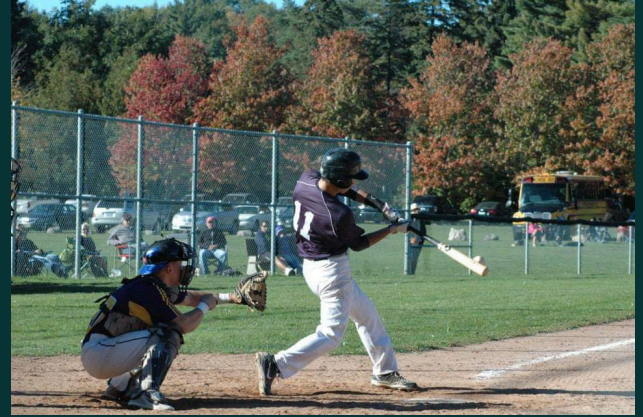
Knowing what to move, how much, and when helps build capacity and prevent re-injury

Courtside Spotlight:

Dr. Orion Katayama

• Sports Specialist Chiropractor

• 10XTO Sports Therapy Clinic



He's a tennis aficionado and a baseball expert.

If you're looking to generate more power through your shots without wrenching your arm, he's your guy.

How does he do it?

He assesses your swing in real time and gives you feedback on video analysis. With his guidance, you can work your way back to an effortless swing.

Looking for something like this? Book a follow up below 🙋

References:

1. Hartvigsen et al., 2018
2. Foster et al., 2018
3. Brinjikji et al., 2015
4. Fritz et al., 2015
5. Lin et al., 2021

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