



PHYSIOTHERAPY

Back Pain & Spinal Health

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Back pain is one of the most common reasons people seek care. It can develop from poor posture, repetitive strain, injury, or prolonged periods of inactivity, and may affect daily activities and sleep.

Physiotherapy Perspective

Physiotherapy views back pain as a combination of movement patterns, muscle support, joint mobility, and nervous system sensitivity. Symptoms may persist when the body lacks adequate support or movement variety.

Supportive Care

Physiotherapy for back pain may include hands-on treatment, guided exercise, postural education, and strategies to improve spinal support and movement confidence over time.

What You Can Do at Home

- Avoid long periods in one position
- Use supportive sitting and sleeping postures
- Continue gentle, pain-free movement

Who It's For

- Acute or chronic back pain
- Disc-related or mechanical back issues
- Postural or work-related back strain
- Support during recovery and rehabilitation

Physiotherapy supports both symptom relief and long-term spinal health.

