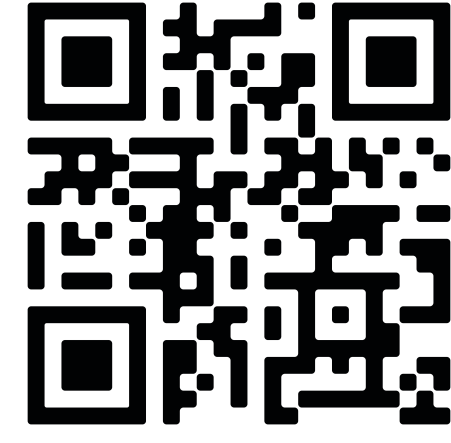# Chronic Low Back Pain?

IT MAY BE CAUSED BY **NEUROMUSCULAR DYSFUNCTION**

*Ask about the **only Restorative FDA-approved therapy for Chronic Low Back Pain***

RESTORE **CONTROL** | RESTORE **FUNCTION** | RESTORE **STABILITY**

ReActiv8® Life

Clinical Cues

Do these symptoms sound familiar?

Do you have **back pain, muscle spasms, or feelings of instability often**?

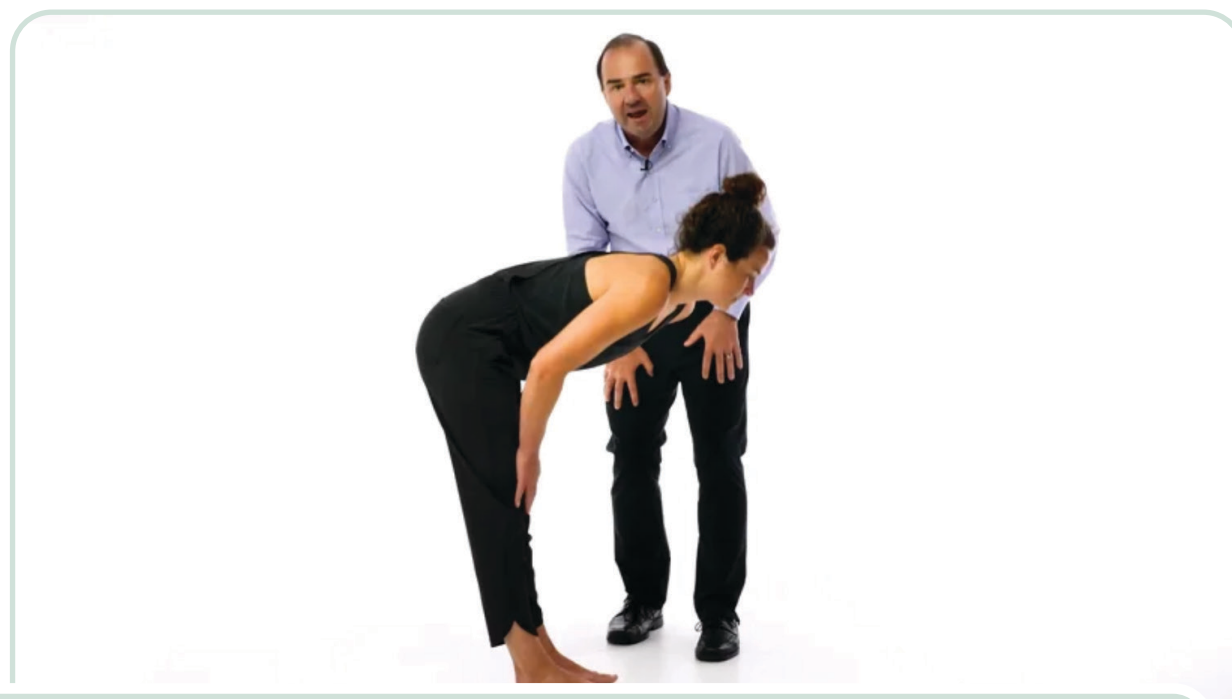*Do they seem to be getting worse with time?*

Do you **experience back pain or spasms** when doing **small tasks** like brushing teeth over a sink, washing dishes, or reaching for an item?

If you stay in a **position for an extended period** (sitting, standing, driving, etc.) does your back become **increasingly painful**?

Do you have to shift positions or support yourself with your arms because of the pain?

Physical Assessments

Multifidus Toe Touch Test (MT3)
Test for motor control dysfunction

- Check for pain or weakness during simple forward bending
- Attempt to touch toes and straighten back up
- Pain or trouble straightening up = motor control problems in back

Prone Instability Test (PIT)
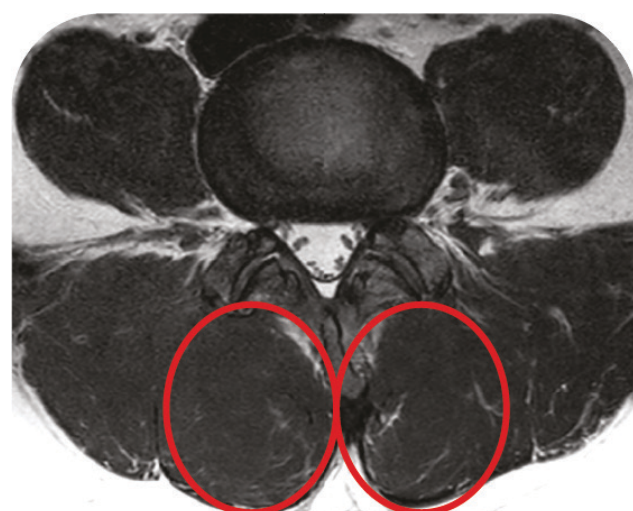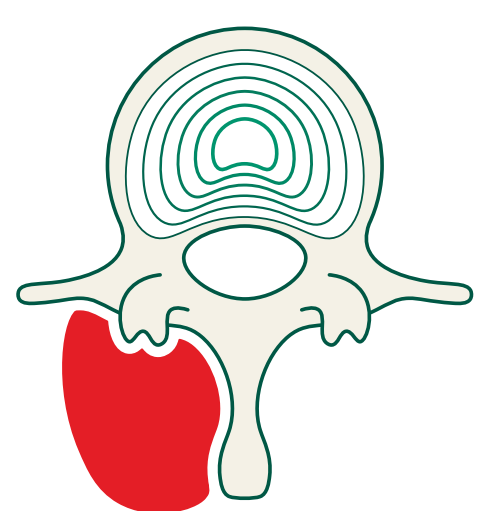*Test for painful dynamic instability*

- Check for low back pain when muscles are "off"
- Check if muscles turned "on" by lifting leg
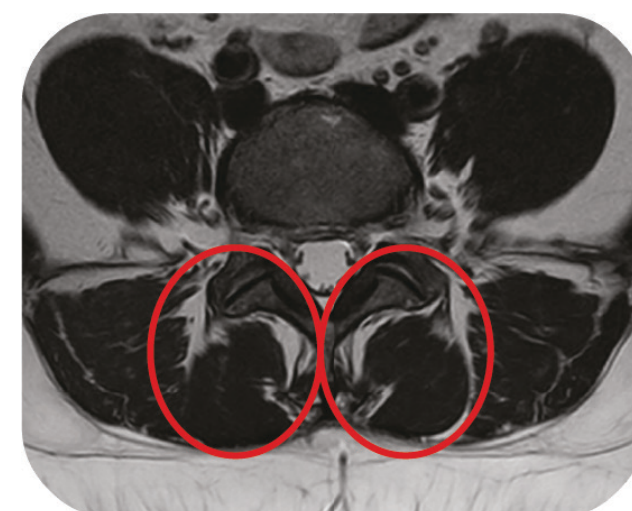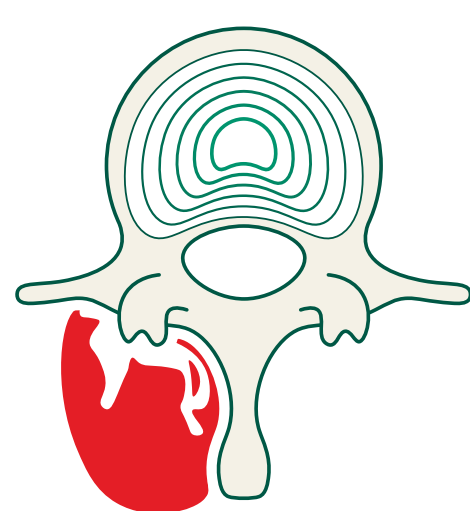- Pain Reduction = Spinal Muscle Inhibition

Multifidus Lift Test (MLT)
Test for multifidus activation

- Check for automatic function of multifidus muscle
- Arm lift should activate multifidus
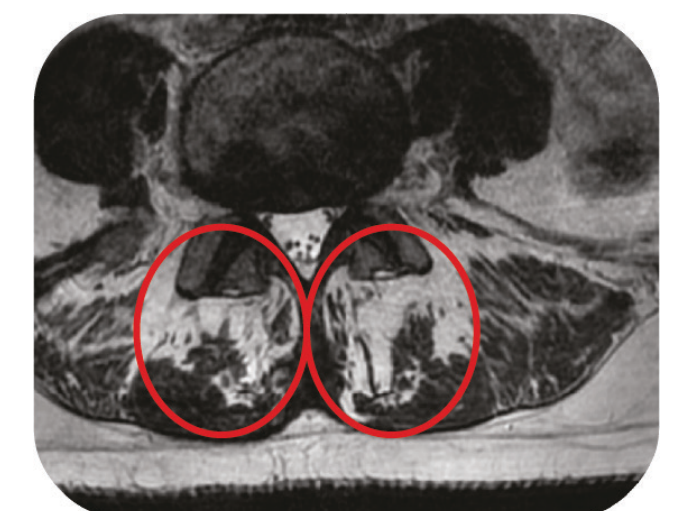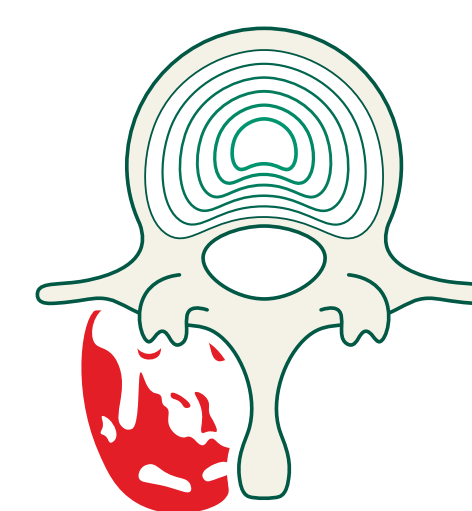- Muscle contraction determines if multifidus on/off

MRI: Multifidus Dysfunction

Normal Multifidus

Moderate Atrophy

Severe Atrophy

ReActiv8® For more information, visit **WWW.REACTIV8.COM**

Mainstay Medical
Restoring Function. Restoring Life.

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