

## KINTEC CASE SERIES

# LOW BACK PAIN

**Over 2000 patients reported an average of 55% pain reduction in their low back pain after seeing a Kintec pedorthist.**

In comparison, the change in pain severity from other health care providers is: chiropractic care = 31%<sup>1</sup>, back bracing = 30%<sup>2</sup>, physical therapy = 10.7%<sup>3</sup>.

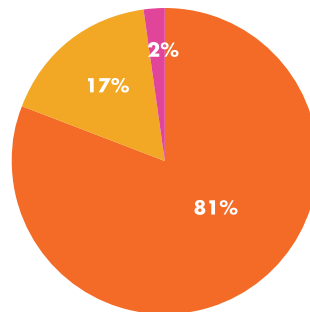
### According to the International Association for the Study of Pain (IASP):

Low back pain (LBP) is defined as a chronic, non-specific mechanical pain in the lumbar region for a minimum of 3 months.

The prevalence of low back pain is estimated at approximately 7.5% of the population. 85-95% of people presenting to primary care do not have a specific identifiable pathoanatomical origin for their pain<sup>4</sup>.

### GLOBAL RATING OF CHANGE

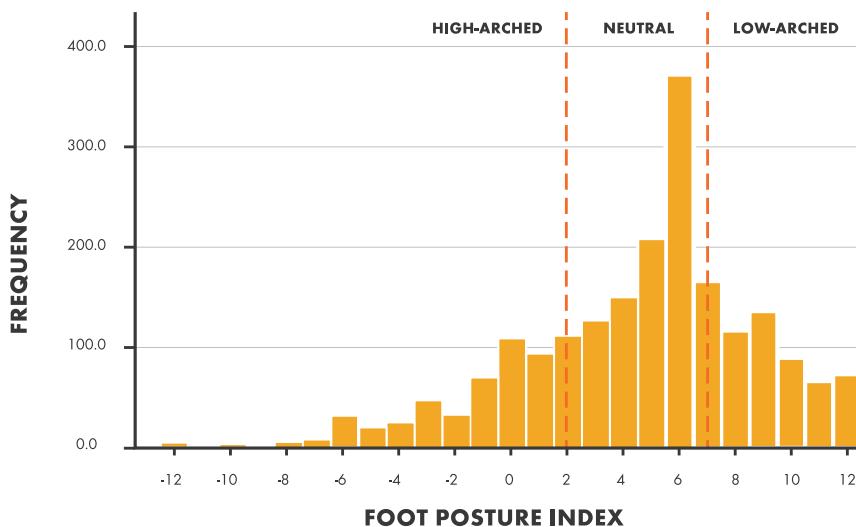
- Improved
- No Change
- Worse



### Outcomes of Treatment Plans

Here is a snapshot of patients presenting with LBP at Kintec locations across Canada from a sample of 2,026 patients. Our outcome reporting following visits to a Kintec Pedorthist from 2017 to 2022.

**81% of LBP patients improved after being seen by a Kintec pedorthist.**



### Clinical features associated with LBP

The majority of patients have normal/neutral foot posture as assessed by the Foot Posture Index. This means that LBP doesn't just occur in people with flat feet, and the majority of patients with LBP improve regardless of their foot type.

- 60% of patients were between 30-59 years old
- 53% were female; 47% were male.

The medical literature supports these outcomes as other studies have shown improvement in LBP following custom foot orthotic use<sup>5</sup>.

**Refer your patients with low back pain to The Kintec Group today!**

We are trusted experts passionate about helping your patients stay active for life.