

Lumbar Facet Joint pain

Lumbar Facet joints can be a significant source (15% to 45%) of low back pain.

There will be a limited range of motion, especially in rotation and bending to one side, and stiffness in the lower back, especially in the mornings. Sometimes, the pain can radiate into the buttocks, hips, thighs, or down the leg. Degenerative osteoarthritis is among the most common causes.

After a diagnostic injection, approximately 80% pain relief and the ability to perform previous painful movements is a definitive diagnosis of facet joint-induced low back pain.

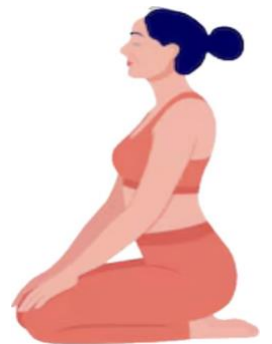
While lumbar facet joint syndrome cannot be reversed, research has shown that local application of ice, heat and over-the-counter medications, physiotherapy, lifestyle changes and injection treatment can help control symptoms and improve quality of life.

Physiotherapy for Lumbar Facet Joint

No1: Child's Pose (helps to relieve pressure on the lumbar facet joint)

Steps:

1. Sit back on your heels with your knees wide apart and feet together (as shown).
2. Lean forward so your stomach touches your thighs and extend your arms out in front of you with your palms down and rest your forehead on the floor or mat (as shown).
3. Relax your neck, body and close your eyes and breathe slowly and deeply. Hold this position for 20 to 30 seconds.
4. Slowly return to the starting position.
5. If possible, repeat 3 times.



2: Pelvic Tilt **(activate core muscles; therefore, lower back doesn't take much strain)**

1. Lie on your back with your feet positioned flat on the floor (as shown). 60 degrees flexion in the knees.
2. Inhale and then exhale as you drawn in your abdominal muscle and push your belly button towards the floor; flatten your lower back.
3. Hold this position for 5 seconds.
4. If possible, repeat 10 times.



No 3: Plank **(for strengthening deep core and gluteal muscles)**

Steps:

1. Begin lying on your stomach with your forearms against the mat
2. Lift your body so that you are resting on your forearms and toes.
3. Ensure that your spine is in a neutral spinal position (not sagging in low back, or lifting buttock in the air).
4. Hold the plank position for 20-30 sec, then lower down to floor.
5. If possible, repeat this for 2 to 5 times

***** Ensure to keep your back straight throughout the entire exercise.**



References:

1. Perolat R, Kastler A, Nicot B, Pellat JM, Tahon F, Attie A, Heck O, Boubagra K, Grand S, Krainik A. Facet joint syndrome: from diagnosis to interventional management. Insights Imaging. 2018 Oct;9(5):773-789.
2. Alexander CE, Cascio MA, Varacallo M. Lumbosacral Facet Syndrome. (Updated 2023 Aug 4) <https://www.ncbi.nlm.nih.gov/books/NBK441906/#>

Repeat those exercises 2-3 times a day. If your pain does not resolve, please visit <https://paincure.co.uk> for further help.