

ViMove OBJECTIVE DATA DELIVERS PROMISING RESULTS FOR FURNITURE DELIVERY MAN'S BACK PAIN

The Problem

A patient with a history of sudden-onset low back pain came into a ViMove clinic looking for a solution to his back pain. Working as a furniture delivery man, this patient had to carry heavy objects on a daily basis and was experiencing constant low back pain. Sitting, static standing, bending and lifting were all reported to be a challenge for this patient.

ViMove Low Back Baseline Assessment

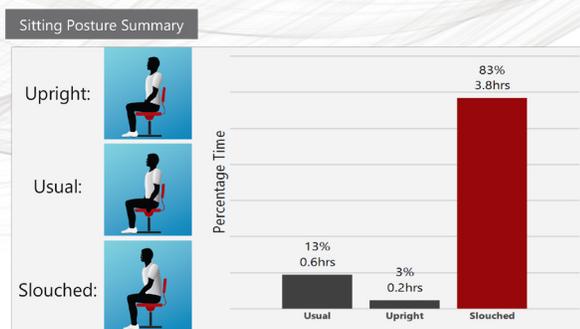
To begin, a baseline of the patient's lumbo-pelvic movement range and quality of his sitting and standing postures was obtained. ViMove's Low Back Assessment identified overactive EMG with poor flexion relaxation response. The assessment also determined that the patient's sitting and standing postures were within the normal ranges. This prompted the physical therapist to conduct an out-of-clinic ViMove Monitoring Session with the patient.



ViMove LOW BACK LIVE ASSESSMENT REPORT RESULTS

ViMove Out-of-clinic Assessment

From the Monitoring Assessment it was discovered that the patient was sitting in a slouched position 83%



ViMove LOW BACK MONITORING REPORT RESULTS

of the time, with sitting making up 35% of the total monitoring time. Although the patient thought he maintained correct posture throughout the day, the insights from ViMove gave him a clear indication into his actual postural habits.

ViMove Low Back Retraining

ViMove's Low Back Live Training Module was then used to assist in retraining the patient's sitting posture and help him achieve neutral lumbar posture while moving from sitting to standing. Once adequate and reliable posture awareness and lumbo-pelvic control could be demonstrated, the patient was instructed to perform the same exercises at home at regular intervals.

Results

Through performing these exercises and receiving constant support from his physical therapist and ViMove, the patient is now reporting a reduction in low back pain and has a renewed confidence in improving his overall condition.

To learn more about ViMove visit us.dorsavi.com/vimove





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