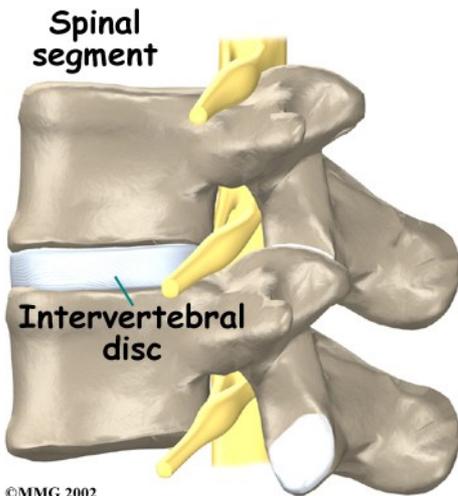


Introduction to Lower Back

Low Back Physical Therapy in Congress Park, Denver Downtown, Central Park, and Highlands Area

Welcome to the Atlas Physical Therapy patient resource for low back pain.



If you suffer from lower back pain, there is no reason why you do have to banish yourself to the bell tower at Notre Dame a la Quasimodo. In fact, we have designed this portion of our site with you in mind.

Whether you have lower back pain because of a herniated disc, osteoarthritis, or any other issue that is seriously impairing your outlook on life and your happiness, worry no more. We aim to provide a solution to you and to your problem, as well as supply information that will help you stay healthy and pain free after your injury is corrected.

After all, there is no reason for you to live life hunched over in pain, there is too much to see, feel and experience when you are able to stand tall.

Click on a link below to learn more:

[Lumbar Spine Anatomy](#)

[Lower Back Issues](#)

[Lower Back Surgery](#)

[FAQs](#)

Hear from some of our patients who we treated for **Back Pain**

“ Extremely satisfied with Atlas PT. Have been several times and have always had great results. I recently had a back injury with several sprained ribs and Alex had me back in action almost immediately. ”

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Andrew Q

Denver, CO

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“ I canâ€ t say enough positive things about Atlas Physical Therapy. From the minute you enter you are greeted by Â very conscientious and friendly receptionists. I started going last year after a torn bicep operation. I had the pleasure of working with Andrea G. Andrea is a true professional in every sense of the word. Her calm demeanor puts you at ease from the onset of your sessions. Before I knew it I had a full range of motion once again. Fast forward to this year when I developed sciatica. When my Doctor recommended PT it is no wonder I made an appointment with Andrea. Happy to report that my sciatica is at bay thanks to Andrea and my exercise therapist, Nate. They are a great team. ”

Phyllis R

Denver, CO

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“ Glad I found this place! I have been going a few months for lower back pain. Brett and his team are very professional and provide a very clean and welcoming space. This location is a great option for... ”

“ Glad I found this place! I have been going a few months for lower back pain. Brett and his team are very professional and provide a very clean and welcoming space. This location is a great option for folks who work downtown! ”

Eduardo R

Denver, CO

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“ Iâ€ ve been going to Atlas PT for a shoulder injury and to resolve some back pain. Brett and Angela are fantastic at their craft and very personable. Brett helped me understand how certain movements... ”

“ Iâ€ ve been going to Atlas PT for a shoulder injury and to resolve some back pain. Brett and Angela are fantastic at their craft and very personable. Brett helped me understand how certain movements irritated my biceps tendon causing shoulder pain and how to work around this issue. Iâ€ ve been impressed with his insight into what has caused my shoulder pain and back pain. Angela is thorough in showing me PT exercises and is really encouraging. I definitely recommend them! ”

Bruce S

Denver, CO

[View all yelp reviews](#)

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“ I strongly recommend the downtown office of Atlas Physical Therapy. Special shout outs to Brett and Will, who got me back to normal function after a debilitating back/sciatica problem. They used... ”

“ I strongly recommend the downtown office of Atlas Physical Therapy. Special shout outs to Brett and Will, who got me back to normal function after a debilitating back/sciatica problem. They used in-office and at-home programs that worked FOR ME (not just one-size-fits-all programs). Very knowledgeable about anatomy, physiology, movement, etc. Thanks, guys. ”

Jeffrey B

Denver, CO

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“ Highly recommend Atlas PT! Restored my back to full health (after several years of persistent lower back pain and limited mobility from a sports injury)! Brett and Angela are the best, super... ”

“ Highly recommend Atlas PT! Restored my back to full health (after several years of persistent lower back pain and limited mobility from a sports injury)! Brett and Angela are the best, super personable and knowledgeable, and I always look forward to seeing them. Since I tore a muscle in my lower back playing basketball four years ago, I was never able to fully recover and get back to my active lifestyle of working out and playing sports. I was always in some degree of discomfort and was constantly terrified of re-injuring my back. I would see some slow recovery and then just a slight mis-movement would undo all of my progress. I had worked with chiropractors and massage therapists for a few years and would have short-term benefits but would eventually end up re-injuring myself doing the slightest things. I had never worked with a physical therapist before because honestly I just didn’t know what they would do besides have me do things I already know (do some stretches and lift some light weights). I ultimately went to Atlas because I was starting to lose hope and was thinking back surgery may be inevitable. I could not be MORE GRATEFUL for coming to Atlas! It has been life-changing, and that isn’t an exaggeration. My back is PAIN-FREE for the first time in YEARS and my lower back mobility and strength is probably better than when I got injured. I have had a couple small setbacks over the last few months but my body recovered so much quicker and it has never gone back to where it was before. Today, I feel great and can’t believe that I’m only going in every other week and typically show up without any pain. I’m fully on the path to recovery and have full confidence - for the first time in years - that I will get my life back and have a stronger, more flexible, back than before. It’s possible & I highly encourage going to Atlas if you are in the same boat that I was. Thanks Brett and Angela! See you in a couple weeks! ”

Eric L

Denver, CO

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“ After weeks of dealing with a stiff, sore back from slipping on stairs, I finally decided to schedule a physical therapy appointment. Atlas was in-network with my insurance and was able to get me in... ”

“ After weeks of dealing with a stiff, sore back from slipping on stairs, I finally decided to schedule a physical therapy appointment. Atlas was in-network with my insurance and was able to get me in within a

couple days. After a full evaluation, Gabriel did some manual work on my back and did some dry needling where it was super stiff. He had me do some exercises after that. Gabriel sent me home with a home exercise program to work on between visits. I only needed a couple appointments to feel much better. When discharged, he gave me additional exercises to progress to, if needed. Great experience! ”

Dina P

Denver, CO

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“ My experience at Atlas in Stapleton with Kate Diffily and the other PT specialists for my back pain was fantastic. The entire staff is warm, friendly, and professional, and they clearly know their... ”

“ My experience at Atlas in Stapleton with Kate Diffily and the other PT specialists for my back pain was fantastic. The entire staff is warm, friendly, and professional, and they clearly know their craft. I never felt like they were overextending my therapy, and they ended treatment right when it felt right to me, too. Plus, the building view is quite nice. I hope I don’t have to go back, but I would in a second. ”

Scott D

Denver, CO

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“ I could hardly move from back problems when I went there a few months ago. This group helped me immensely with my pain and recovery as well as encouraged me mentally. I have so much to thank them for.... ”

“ I could hardly move from back problems when I went there a few months ago. This group helped me immensely with my pain and recovery as well as encouraged me mentally. I have so much to thank them for. I am walking 3 miles a day and looking forward to riding my bike and jogging soon. It is a fun place to go to and a great group to work with. ”

Geraldine G

Denver, CO

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“ Amanda was great! She helped me with my lower back pain with various types of treatments (dry needling really helped my back). I didn’t think my back could get better having a toddler climb all... ”

“ Amanda was great! She helped me with my lower back pain with various types of treatments (dry needling really helped my back). I didn’t think my back could get better having a toddler climb all over me all the time, but it turned out some exercises targeted to my hips and back were the trick. Hopefully I don’t have to go back, but if I do, I will definitely come back to Amanda. ”

Alex N

Denver, CO

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“ Amazing. I was rear-ended in a car accident in May 2017. I spent a year going to a chiropractor and acupuncture with relief only lasting a day or two after each session. I was icing my back 2-3... ”

“ Amazing. I was rear-ended in a car accident in May 2017. I spent a year going to a chiropractor and acupuncture with relief only lasting a day or two after each session. I was icing my back 2-3 times a day and was in significant pain. I finally had my back xrayed and it was suggested that I try some PT and was recommended by my doctor to Body in Balance PT. After learning new stretches and only 2 sessions I started to have less back pain and within following instructions and additional exercises I have been pain free since. I still do a certain stretch every morning. The staff knows what they are doing. I just wish I would have been sent there first instead of wasting an entire year in pain. Iâ€™m back running and exercising and have my life back! ”

Tammy M

Denver, CO

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“ Alex and Lexy are amazing; I canâ€™t recommend them enough! I had a severe, sudden onset lower back spasm and was in so much pain I went to the ER. They gave me some muscle relaxants and told me to... ”

“ Alex and Lexy are amazing; I canâ€™t recommend them enough! I had a severe, sudden onset lower back spasm and was in so much pain I went to the ER. They gave me some muscle relaxants and told me to take some ibuprofen. Three days later I found Atlas on Yelp because I could hardly walk. In one session, Alex had me about 75% better, and in a second session I am feeling almost back to normal. Theyâ€™ve shown me some stretches and exercises that will get me back to 100% and improve things for me long term to prevent this from happening again. I am so grateful that I found Atlas!! ”

Heather M

Denver, CO

[View all yelp reviews](#)

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“ I was pretty broken by the time I arrived at my first appointment. I worked the most with Kate over the 12 weeks that I needed "fixing". This included a period of time during which my symptoms... ”

“ I was pretty broken by the time I arrived at my first appointment. I worked the most with Kate over the 12 weeks that I needed "fixing". This included a period of time during which my symptoms were not improving, at which point Kate referred me for an MRI that completed the diagnosis of my lower spine as the root cause. And with the complete diagnosis, the PT attention and guidance adapted to speed my recovery. I will not hesitate to return for treatment, should my body call for help again. ”

Victor T

Denver, CO

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“ Atlas Physical Therapy is a great place for your physical therapy. With my lower back problems over the years I've seen a few physical therapists in Denver, but I've ultimately settled on Nikhil &...”

“ Atlas Physical Therapy is a great place for your physical therapy. With my lower back problems over the years I've seen a few physical therapists in Denver, but I've ultimately settled on Nikhil & Frank. Both are phenomenal working together, and I got the help I needed to recover after my surgery. Both were very professional, knowledgeable and patient with me. All the guided exercises were available for me with their phone app, which made everything much easier when doing my exercises at home. Sophie at the front desk was also fantastic, on top of things, very friendly and very accommodating. Absolutely highly recommended. Thank you all for your help! ”

Jose V

Denver, CO

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“ Had a great experience, I was dealing with a herniated disc and they knew just what exercises I could do to help. Nikhil also performed some dry needling which helped in the short term. Frank worked...”

“ Had a great experience, I was dealing with a herniated disc and they knew just what exercises I could do to help. Nikhil also performed some dry needling which helped in the short term. Frank worked great with me on my exercises and I am happy to say after continuing what I learned at home I am completely pain free. ”

Adam R

Denver, CO

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