FREE GUIDE · RÉHABITAL · CÔTE SAINT-LUC

Understanding and Relieving Low Back Pain

Why does the back hurt?

Low back pain is often multifactorial: overload, sustained posture, joint or muscle irritation, and sometimes a disc herniation or sciatic irritation.

When to seek prompt medical care

See a physician for loss of bladder or bowel control, genital numbness, progressive weakness, fever, or pain after significant trauma.

What helps

- Keep moving progressively and avoid prolonged bed rest.
- Take a movement break every 30 to 45 minutes.
- Get an appropriate assessment before manual treatment.

Current fees

Osteopathy: initial assessment $125 / 60 min; follow-up $110 / 60 min; extended session $150 / 90 min.
Physiotherapy: evaluation $120 / 60 min; follow-up $85 / 30 min or $120 / 60 min.

Prices verified September 6, 2026. Prices in Canadian dollars, before GST and QST. Current list: rehabital.ca/tarifs.