

**Table 1**

LS-Associated Problem	Integrative Rehabilitation Approach	Mechanisms of Action
Neurologic compression of spinal nerves and nerve roots as well as peripheral nerves in the region	<ul style="list-style-type: none"> <li>• Medical acupuncture</li> </ul>	Neuromodulation of spinal nerves, peripheral nerves, autonomic nerves; relaxation of compressive soft tissues, thereby improving sensorimotor communication/control and reducing nociceptive inhibition of motor function.
Urinary/fecal incontinence	<ul style="list-style-type: none"> <li>• Medical acupuncture</li> </ul>	Neuromodulation of somatic and autonomic pathways involved in the control of micturition and anal tone.
Local inflammation affecting arthrodiar structures, muscles, fascia, intervertebral disks, vessels, and nerves	<ul style="list-style-type: none"> <li>• Medical acupuncture</li> <li>• Photomedicine (contraindicated with neoplasia)</li> </ul>	Anti-inflammatory effects of each modality, including reduction of excess sympathetic nervous system tone and shift in cytokine profiles away from proinflammatory to anti-inflammatory.
Myofascial restriction, shortening, and dysfunction, causing more compression, pain, and mechanical dysfunction	<ul style="list-style-type: none"> <li>• Medical acupuncture</li> <li>• Medical massage</li> <li>• Photomedicine</li> <li>• Careful stretching and possibly gentle traction</li> </ul>	Reduction in heightened sympathetic tone, resolution of taut bands and trigger points, relaxation of muscle tissue, softening of tissue through mechanical influences or photobiomodulation. Reduction of compressive effects of restricted fascial envelopes for improved comfort and function.
Loss of muscle tone and bulk	<ul style="list-style-type: none"> <li>• Medical acupuncture</li> <li>• Medical massage</li> <li>• Photomedicine</li> <li>• Tailored therapeutic exercise</li> </ul>	Recovery of stability, strength, and ability to ambulate with comfort. Reduction of nociceptor inhibition of motor function. Improvement of sensory awareness of back and limbs for improved postural support.
Compromised circulation in vertebral venous plexuses, lymphatic vessels, and local arterial supply	<ul style="list-style-type: none"> <li>• Medical acupuncture</li> <li>• Photomedicine</li> </ul>	Vasodilatory/vasomodulatory benefits through relaxation of vessel walls and normalization of autonomic tone.