**Physical Therapy Treatment Options for Chronic Low Back Pain**

Spinal manipulation (thrust)

Spinal mobilization (non-thrust)

Neurodynamic mobilization

Exercises in general

Directional preference exercises (extension)

Directional preference exercises(flexion)

Lumbar stabilization exercises

Aerobic and Fitness Exercises

Graded exercise exposure

Community/work reintegration training

Interferential current or transcutaneous electrical nerve stimulation

Ice or Heat

Laser or ultrasound

Mechanical traction

Taping

Dry needling

Lumbar brace or corset

Bed rest

Back school (a booklet that includes instructions about o home exercise program)

Advice to pursue or maintain an active lifestyle

Postural and movements education (biomechanical o principles)

Psychologically informed physical therapy (behavioral o therapy + regular physical therapy)