**Case Study**

A 40-year-old Asian American male, who works as a roofer, complains that three days ago he was lifting a heavy object at work, following which he got low back pain. The pain is in the middle of the back near his waist. The pain increases when he bends forward and he is experiencing numbness and tingling in the toes of his right foot. He has had similar symptoms before, but it has not been so bad in the past. This is the worst he has had because in the earlier instances, he has never had the tingling sensation in his right foot before. In the past, he got better with rest and some Ibuprofen. He is worried that he will not be able to continue his work and make money. He has tried over-the-counter Ibuprofen and some stretching exercises, but it does not seem to help. There is a gradual worsening of his symptoms and he is concerned about the pain that has been increasing steadily over the past three days.