

PREVENTING BACK PAIN



Exercise – general exercise to maintain muscle tone and improve well-being along with specific exercises to strengthen the lower trunk, in particular the core stability or postural muscles.

Good posture – in all positions and activities – not just when sitting.



Sleep – ensure your mattress is supportive enough that your normal spinal curves are maintained when lying down.

Take care when lifting – use your knees to get down and don't twist the trunk.



Weight – keep this under control to minimise the stress on the back.

RESPECT YOUR BACK AT ALL TIMES

– you want it to last a lifetime!

TREATMENT FOR SIMPLE BACK PAIN

Don't take pain lying down – we now know that days spent lying flat on your back on a hard floor don't work. You may need to rest for the first 48 hours if your pain is very severe but after that keep generally active and avoid activities that cause pain

Pain relief – if needed, painkillers (and sometimes anti-inflammatories) are best taken as a regular dose. Ask your pharmacist or GP for advice.

Physical treatments – such as physiotherapy may be beneficial by providing advice on coping strategies, posture and heat/ice, along with massage, gentle mobilisations, electrotherapy and a simple programme of exercises to follow to help you return to full function and to help prevent a reoccurrence

Seek further advice – if the pain worsens or persists beyond 4-6 weeks

Cranfold Physical Therapy Centre