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OSTEOPATHS

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Advice Sheet AS6: Acute Back Pain

Sleeping positions: The following are suggested positions for rest during an acute attack of back pain. Do not spend too long in the same position because movement is good for the muscles. Change position frequently but allow time for the back to relax in each position before moving out of it.

1. Lie on the pain-free side with both legs bent up and a pillow between the knees.
2. Lie on the pain-free side with the painful leg bent up resting on bed.
3. Lie supine with a pillow under both knees.
4. Lying prone can restore the natural curve of the lower back. Begin with a pillow under the abdomen for a few minutes. If pain increases, change to another position.
5. As pain decreases remove the pillow. A pillow Under the ankles may also help.

