

Managing your Low Back Pain

- Keep mobile: do not stay in prolonged sitting or lying positions; 30 minutes is ample to stay in any one position.
- Ice the painful area: a maximum of 5 minutes, repeat every 30 minutes (maximum). If no ice pack is available then use something such as frozen peas wrapped in a tea towel.
- Gentle exercises: lie on your back with your knees bent up and your feet flat, lift one knee up to your chest as far as is comfortable and hold for 3 or 4 breaths. Return to bent knee position and repeat with the opposite knee.

Do this on the bed or sofa rather than the floor as this may be too uncomfortable. If any of these stretches bring on pain or increase symptoms then stop and seek advice.

- Avoid lifting and bending as much as is possible. If you have to bend then try to bend your knees and protect your spine.
- Medication can also be helpful but it is advisable to consult your pharmacist or GP first.
- If the symptoms have not improved after 3 days then you should seek further help, preferably from a specialist in back care management eg: osteopath, musculo-skeletal physiotherapist or chiropractor.

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