

Home Care Instructions

Acute Low Back Pain



To aid your recovery follow these home care instructions:

1. Apply your **ICE PACK** to the area for 10 minutes at a time (maximum), repeating once an hour.

This will help numb the pain and reduce localised inflammation, speeding up your recovery. Make sure to wrap it in a tea towel and **DO NOT APPLY HEAT** unless otherwise instructed by your Chiropractor.

2. **Avoid Sitting!**

The pressure within the discs in your spine is increased by up to seven times more than when lying down on your back. It also reduces the blood flow to spinal tissues and nerves. Try to avoid sitting for longer than 15 minutes at a time

3. **Keep mobile**

Avoid staying still for too long (especially sitting!). Movement prevents muscles from tightening up too much around an injury and will reduce the degree of stiffness you'll experience. Additionally, joints get their nutrition from movement, so by staying still you'll be starving them of the ingredients needed to heal effectively.

BUT.... you don't want to over-do it, as too much movement will also strain things. Try to strike a balance between the two, moving and resting at about 10 minute intervals.

4. **Painkillers??**

Be aware that if you are taking pain-blocking medication your body won't be able to warn you that you're doing too much, therefore you should be especially careful with your movements.

5. **Guard your movements**

Avoid any movements which involve bending, arching or twisting your torso. Keep the shoulders above and in-line with your hips and contract your stomach muscles to protect your spine.

6. **Lifting**

If you have to lift anything, or pick something up from the floor, bend your knees and hips whilst keeping your back straight. Tense your stomach muscles as you go down and come back up to brace the spine, and keep the object close to your chest.

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7. **Sleep on a supportive mattress and do not sleep on your front**

The ideal position is on one side with a pillow between your knees. Take care to avoid rotation of your torso or allowing one knee to cross over the other. If you can't sleep on your side, then on your back with a pillow under your knees is the next best position.

It is imperative that you take care to follow these instructions in order to speed your recovery. Failing to do so puts you at risk for further pain and injury and delayed recovery. Additionally, it is important to recognise that not all back pain is the same. Pain and symptoms can vary in different people, and many different conditions can appear to feel the same. For this reason, it is wise to avoid the advice of well-meaning but untrained friends and relatives. Deviating from the treatment programme that has been designed specifically for you will be of little benefit and often can be harmful.

If you have any questions or concerns, please don't hesitate to call the clinic. Your health is our priority!