

Home Advice to Control & Prevent Low Back Pain

What to expect: Low back pain is very common but the latest research, fortunately, shows that serious or permanent damage is rare. What you will do about your back pain yourself will matter more than an exact diagnosis or what the therapist will do with you during those short treatment visits. Your symptoms should improve within days or a few weeks enough for you to get on with your activities. The long-term outlook is good. People getting back pain often get it again in the future with little or no pain between episodes. This exercise program will help prepare you to deal with your pain if it returns.

Avoid rest: Complete rest for low back pain is not recommended. Rest may prolong pain and disability.

Keep Active: Your back needs movement, the sooner you get back to your activities the sooner you will feel better. Even with your pain, you can start activities without putting too much stress on your back. You can begin with activities like walking, swimming, dancing, or most daily activities in addition to your prescribed exercises.

How should you stay active- Be as active as you can without putting too much strain on your back.

- Keep moving
- Do not stay in one position for too long.
- Move about before you stiffen up.
- Move a little further and faster each day.
- Don't stop doing things – just change the way you do them.

Sitting: Choose a chair and position that is comfortable. Avoid sitting with a round back. Try some support in the small of your back (e.g. a roll, a towel). Get up and stretch often – Avoid sitting for too long.

Desk work: Adjust your chair, desk, keyboard, mouse and screen positions so that you don't feel strained. Get up and stretch often – Avoid sitting for too long.

Driving: Adjust your seat from time to time. Try some support in the small of your back to maintain your natural curve. Stop regularly to take a few minutes break. Get out of the car, walk and stretch.

Lifting: Don't lift more than you need to. Keep the load close to your body. Avoid twisting when lifting. Turn on your feet instead. Bend your knees to pick up something from the ground not your back. When carrying load, split the load between both hands. Use wheels! Avoid carrying further than you need to.

Daily activities and hobbies: Avoid doing something for too long. Keep changing between activities.

Sports: Continuing your normal sport is good but you may have to reduce your intensity.

Sleeping: Sometimes a firmer mattress may help. Discuss the use of pillows with your therapist. In the morning, try to get up without bending forward.

Avoid flexion: For a while, try to avoid bending forward. This does not mean that you should never flex but, we recommend you do not flex for too long. After flexion, try some of your extension exercises.

Avoid movements that cause pain further from your back: Try to avoid doing movements causing pain further from your back for a while. After a movement that caused your symptoms further from your back you can perform one of your exercises that reduces the intensity of the pain further from your back.

Back pain varies: Over the next few weeks you may have good days and bad days. If you can't perform the most recent exercise you were prescribed, try previous exercises and choose one that reduces the intensity of the pain further from your back