

7

**Tips to ease
your low back
pain
TODAY!**



SOUTHEAST

PHYSIOTHERAPY

7 Tips to Ease Your Low Back Pain TODAY



**SOUTHEAST
PHYSIOTHERAPY**

1. Rest is not Best!

One of the worst things you can do to treat your low back pain is to rest. Laying or sitting for extended periods of time actually does the opposite, prolonging low back pain and stiffness.

Going for a daily 20 minute walk keeps you mobile, your joints lubricated, and muscles functioning optimally.

Southeast Physiotherapy

2. Ice or Heat?

Ice and heat may provide you with short-term pain relief. Use an ice pack or frozen bag of peas. Place inside of a pillow case or towel and put on your low back for 10-20 minutes or until the area goes numb.

Heat can be provided by a hot bath, shower, or hot pack and is great to loosen up tight muscles, especially in the low back. When using a hot pack, place on the area of your low back pain but do not lie on it. This results in too much heat conducting onto your skin and may result in a burn.

You can also alternate between ice and heat. Find out what works the best for you!

3. Maintain Good Posture

It's not all about sitting up straight. Your spine has natural curves that must be maintained to achieve good alignment. If any of the curves are compromised, it results in poor posture.

Make sure your chair is high enough that your hips are slightly higher than your knees.

If you are short and your feet do not touch the floor, then use a footrest to achieve the same alignment.

You should be sitting on your 'sit bones', not your tailbone. Your low back should have a slight curve inwards, mid back outwards, and your chin should not be 'poking' forwards.

Southeast Physiotherapy

4. Choose an appropriate sleeping position

Most adults sleep 6-8 hours a night. If you are sleeping in a poor position, this could impact how your back feels in the morning and throughout your day.

Take pressure off your back by using a pillow between your knees if you are a side sleeper, or under your knees if you are a back sleeper. Try to avoid sleeping on your stomach.

7 Tips to Ease Your Low Back Pain TODAY

5. Lift with your legs not your back!

You would not believe how many people injure their back because they lifted poorly. Our leg muscles are large, long, and so much stronger than your back muscles. Bend your knees and stick your buttocks out as you pick up an object off of the ground. While setting an object on a table or while carrying, remember to keep it close to your body.

6. Deep Breathing

Pain, muscle tightness, and stiffness can benefit from a session of deep breathing. When you are in pain you typically take short, shallow breaths, as well as hold your breath. Close your eyes and slow down your breathing overall. Breathe in through your nose, top it up with three sniffs, then exhale out your mouth. Try to spend 5-10 minutes a day working on your breathing.

7. See a Physical Therapist

Physical Therapists are movement specialists. They are trained to assess your injury and determine the root cause of your symptoms. Their goal is to get you back to what you love to do, without the use of medications, surgery, or injections.