

TREATMENT OPTIONS (...cont)

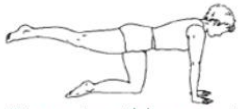
STRENGTHENING - Do at least 3 times a week. The number of repetitions to be increased as your strength increases with time.



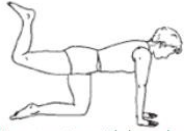
Abdominal hollowing



Abdominal hollowing with double leg lift



Hip extension with knee extension



Hip extension with knee bent



Lunge



Vastus medialis obliquus retraining



Neck retraction



Hip abductor strengthening



Shoulder retraction with arm raise

TIPS FOR REDUCING PAIN

The more we focus on pain, the worse it feels. Overcoming pain is a matter of learning how to control it. This requires a positive attitude as well as knowledge. Do not overdo it on days that you have less pain.

- **Sitting** - Sit in a comfortable chair that support part of your back or use a rolled up towel in the small of your back. Avoid low, soft chair or sofas. Get up and stretch often.

- **Rising from chair** - Avoid slumping. Stick your chest out to protect your back.



- **Desk work** - Adjust the chair height to fit the desk. Arrange keyboard and screen to be in easy reach. Get up and stretch often.
- **Driving** - Adjust the height and distance of your seat. Try support the small part of your back. Take regular stops and get out of the car to stretch.
- **Lifting** - Think before you lift. Do not lift more than what you need to. Stand close to the load with your feet shoulder distance apart. Bend your knee and hip (not your back). Keep the load close to your body. Turn with your feet instead of twisting your back.
- **Housework** - Store cleaning products within easy reach. When cleaning low down, try to kneel rather than bend.
- **Sports** - Continue with your normal sports but you may need to modify your game or decrease the intensity. Stay active and avoid excessive bed rest as this will not help with recovery. You can consult physiotherapist for exercise program that suit you. If you are new to exercise, start gradually and do a little more each day.

Remember, being active will help with your pain!

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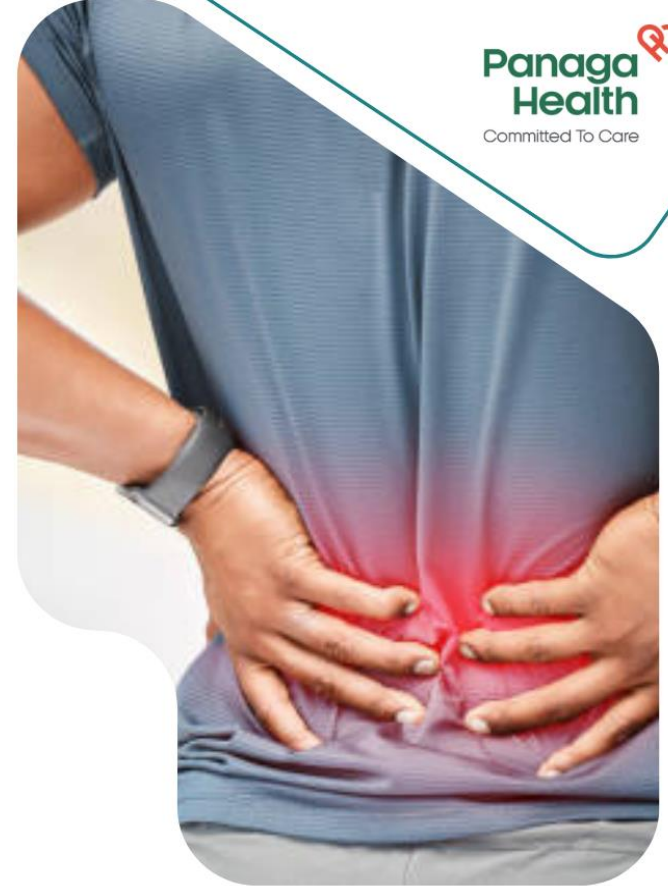
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LOW BACK PAIN

WHAT YOU NEED TO KNOW

WHAT IS BACK PAIN?

Acute back is a pain or an ache in the lower region of the back that can vary in intensity. Pain often goes away on its own after a few days or weeks, but in some people this pain may not go away completely or may get more painful at times.

Back pain is more common in those over the age of 30 and those who are overweight or obese.

CAUSES

- Lifting heavy objects.
- Motor vehicle accidents.
- Long term use of high heeled shoes.
- Prolonged sitting or poor position sleeping.
- Underlying conditions such as herniated disc, arthritis, osteoporosis, or scoliosis.

COMMON SYMPTOMS

- Discomfort in the lower back: aching, burning, stabbing, sharp or dull.
- Stiffness or soreness in the lower back that makes it hard to move, straighten, bend or turn.
- Muscle spasms in the lower back.
- Pain that worsens with sitting.
- Pain that radiates down one or both legs which is also known as sciatica.

WHEN TO SEE A DOCTOR

See your doctor if you have:

- Pain that does not improve after a week of home treatment.
- Weakness, numbness, or tingling in your buttocks or one or both legs.
- Severe muscle spasms or constant pain that does not get better with rest.
- Fever, weight loss, bowel or bladder problems.

Always see your doctor if your back pain is the result of a fall, especially if you are older.

TREATMENT OPTIONS

1. Medications. Your doctor may give you paracetamol, non-steroidal anti-inflammatory drugs, or an opioid to manage your pain.
2. If you are overweight or obese losing weight will help reduce pain.
3. Physical Therapy & Physical Activity (stretches & strengthening).

The most important component of physical therapy in chronic back pain is active physiotherapy i.e. exercise, to prevent deconditioning and restore functionality. You need to have consistent daily exercise routine.

The benefits of exercise may only be seen after weeks to months. Those people who cope well are the ones who stay active and get on with their life despite the pain.

TREATMENT OPTIONS (...cont)

It is important that you gradually build up your exercise and activity level to a specific target as advised by physiotherapist.

- **STRETCHES** - It is recommended to do stretches 2-3 times a day at least. For a stretch to be effective, the position should be held up to a count of 15, and each stretch should be done twice on each side.



Shoulder-neck stretch



Posterior shoulder stretch



Pectoral & anterior chest wall stretch



Triceps stretch



Spinal rotation



Calf stretch



Quadriceps stretch



Hamstrings stretch



Hip exterior stretch



Sciatic nerve stretch



Latissimus stretch



Gluteals stretch



Back arch press-up