

# Back Pain Relief and Help

☀️ Reduce pain now   ☀️ Use movement that feels good   ☀️ Ensure proper healing

## 1. Pain Relief



### For recent injuries:

Sports injury, slipped and fell, bending over injuries, too much gardening



### Ice

- ✓ Ice gel pack or bag of frozen peas or instant cool gel pack
- ✓ Wrap in a tea towel, put on your skin
- ✓ Tuck it into your belt, or keep it in place with a wrapped scarf
- ✓ Keep moving and doing your normal activities



### Location:

Midline over bony parts of spine



### Set timer: 10 mins

Repeat hourly during the day



### Why?

Ice relieves pain at joints. It reduces blood flow and breaks the cycle of inflammation. (That's why top athletes have regular ice baths after training to minimise inflammation in their body.)



### Long term back pain:

Long term back pain: it comes and goes or an old injury that never really got better



### Heat

- ✓ Hot water bottle or wheat bag or lavender bag or instant hot pack
- ✓ Hand temperature (hotter is not better)
- ✓ Put on your skin. Tuck it into your belt, or keep it in place with a wrapped scarf
- ✓ Keep moving and doing your normal activities



### Location:

Large muscles either side of spine



### Set timer: 10 mins

Repeat every couple of hours during the day



### Why?

Heat relaxes muscles. In long term injuries muscles become tense or go into spasm. This is usually to protect the original site of injury at the joint. The muscles behave like a splint. After the heat, move gently so as to not aggravate further the original injury.



**TIP**



If you're at work, use instant ice/heat packs:

- 📄 <https://bit.ly/2RLieoo>
- 📄 <https://bit.ly/2DdMRyz>



Or you can get gels in a tube that feel cold/hot:

- 📄 <https://bit.ly/2qC3TPq>
- 📄 <https://bit.ly/2PkV9Mh>



It makes it easier to apply this advice during your working day.


## 2. Keep moving!

3 Days

Go **slow**, be **gentle** and **explore** the movements and then use those which feel best

### Walk on hands and knees

Slowly and gently go forwards and backwards.

  
2 minutes

If your wrists are weak, make a fist. If your knees are sore, put a blanket underneath them.

### Sway pelvis

From hands and knees position, bring your pelvis to either side. Explore which directly feels best.

  
2 minutes

If your wrists are weak, make a fist. If your knees are sore, put a blanket underneath them.

### Cat stretch


From hands and knees position curl your pubic bone towards your sternum causing the middle of your back to raise up like a hump back bridge.

  
2 minutes

If your wrists are weak, make a fist. If your knees are sore, put a blanket underneath them.

### Lying on back, knees to chest

Bring your knees into towards your chest to stretch the back. You can hug your knees in if this feels even better.

  
2 minutes

Lying on a bed works well, but if you can get on and off the floor, this is better.

Watch a **video** demonstration here:  <https://youtu.be/wKNLKIJuUw0> Follow this advice for 3 days.



TIP




Bed rest beyond 24 hours is **NOT** advised and can actually make your back worse.



Your back does best when it gently keeps moving. Walk as much as is comfortable.

## 3. Ensure proper healing

3 + Days

If you're not improving within 3 days then you need to get help. If you improved for a few days but then the back pain stayed the same after 7 days, you need to get help. This is important because 75% of people with untreated back pain find it doesn't go away by itself.  <https://www.ncbi.nlm.nih.gov/pubmed/9563990>

Get help from a health care professional (a medical doctor, a chiropractor, an osteopath or a physiotherapist) who **EXAMINES** your body and identifies the **CAUSE** of your low back pain. They will recommend a course of action which might be:



Referral for emergency medical attention (in a small proportion of cases.)



Referral to a specialist or



A course of treatment

Expect to be involved in your healing. Because you have huge influence over how your body is healing. You might need to change how you sit at home or work, or do stretching/strengthening movements, or change when and how you exercise or change the food you eat. Are you surprised at that last item? Food is so

important. Some foods encourage inflammation in the body, others reduce inflammation. If you've got ongoing low back pain, you'll certainly have inflammation and in the long term that's not a good thing. So take the health care professional's advice and follow it to the letter to create the fastest route to healing.



TIP



Less likely to re-injure your lower back



Get back to the activities you enjoy



Being as well or **MORE** well than you were before