

Exercises:

To start with, you should do each of the following exercises five times, twice a day and hold each for five seconds.

- Lie with your feet flat on the floor, flatten the small of your back against the floor, hold for five seconds, relax and repeat ten times or as pain allows.
- Lie on your front, with your forehead supported on a soft roll, e.g. a rolled-up towel. Raise your opposite arm and leg at the same time, hold for five seconds, relax and repeat ten times or as pain allows. Repeat with your other arm and leg.
- Lie on the floor, raise both your knees one at a time to your chest, hold for five seconds, relax and repeat ten times or as pain allows.
- Position yourself on all four limbs, arch your back and then let it slowly sag toward the floor (keep arms straight), hold for five seconds, relax and repeat ten times or as pain allows.
- Kneel with your chin tucked in, arch your back and slowly sit back on your heels letting your shoulders drop toward the floor, hold for five seconds, relax, return to starting position, repeat ten times or as pain allows.

- When your strength starts to get better and the exercises easier, you should try to do three sets of ten.

Please seek medical attention if any of the following occur:

- Numbness to perineum
- Severe pain, not relieved by simple analgesia: paracetamol and ibuprofen
- Inability to walk
- Severe back spasm
- Urinary/bowel incontinence

Useful links:

<https://startback.hfac.keele.ac.uk/training/resources/startback-online/>

https://www.csp.org.uk/system/files/7_back_pain.pdf

Recommended to keep for future reference.
Produced for HUC and services managed by the organisation, reviewed August 2019.

Discharge advice:

Back Pain



111.nhs.uk

Back Pain

Know Your Back

The bones of the spine in the neck, and upper and lower back are called vertebrae. These bones protect the spinal cord. Between each vertebra is a disc (tough exterior with a jelly-like interior substance) which acts as a shock absorber.

Most back pain is what is known as 'non-specific' (there is no obvious cause) or 'mechanical' (the pain originates from the joints, bones or soft tissues in and around the spine). Damage to discs may cause pressure on a nerve root and this may produce pain and tingling in the legs. See a GP if this occurs.

This type of back pain:

- tends to get better or worse depending on your position, e.g. it may feel better when sitting or lying down.
- typically feels worse when moving, but it's not a good idea to avoid moving your back completely, as this can make things worse.
- can develop suddenly or gradually.
- might sometimes be the result of poor posture or lifting something awkwardly, but often occurs for no apparent reason.

- may be due to a minor injury such as a sprain (pulled ligament) or strain (pulled muscle).
- will usually start to get better within a few weeks.

Look after your back by following these simple guidelines to help improve and prevent a recurrence of your problem:

Lift correctly - Place one foot in front of the other.

Keep your back straight - Bend your hips and knees, keeping your arms and the object close to your body. Lift by straightening your legs.

Stand correctly - Good posture is important to prevent back strain. Stand erect, tucking in bottom and abdomen.

Work at the correct height and avoid stooping. Work surfaces should be level with your hip when you are standing. When sitting at a desk ensure the PC is at the correct height, take regular breaks, rotate shoulders and exercise neck.

Sleep on a bed with a firm base. Get out of bed by rolling onto your side, bend your knees, swing both legs together over the edge of the bed, and push up on your elbow.

Sit correctly - Your back and thighs should be well supported.

Back to Fitness

- ✓ Keeping fit is important. Swimming is a good exercise.
- ✓ Avoid being overweight.
- ✓ Avoid long periods of stooping and/or slouching.
- ✓ Learn to relax. Pain causes tension which increases pain. Relaxation reduces tension and therefore reduces pain.
- ✓ Take regular simple over-the-counter painkillers (paracetamol and ibuprofen) and monitor its affect over 24-48 hours.

Back Strengthening

When doing these exercises you should:

- ✓ Stop any exercise that makes your pain worse.
- ✓ Stop any exercise that makes your legs tingle, weak or numb.
- ✓ Try using an ice pack (a pack of frozen peas in a towel will do) on your back for 10-15 minutes before and after may help.

You should not:

- ✗ Use bouncing movements.