

Back Pain

Back pain is a common problem and is often caused by injury such as twisting awkwardly or lifting something too heavy but can also develop for no obvious reason. Many factors can contribute such as 'wear & tear' affecting the joints in your back, or injury to the discs, muscle weakness and poor posture. This can lead to leg pain or odd sensations in the legs too.

Here are some exercises to help but try and see a physiotherapist if your pain does not recover within 2-4 weeks.

EXERCISES

01 >

Lie on your back with your knees bent, roll them from side to side



02 >

In the same position gently push the small of your back into the floor/bed



03 >

Gently hug your knee towards your chest



04 >

In sitting slide your hands down your knees



HELPFUL TIPS

Exercise advice

Move as far as the pain allows. If the exercise is painful, don't go as far. Gentle movement is better than none at all

Get Comfy

If you work in a seated position make sure you sit with good posture, you can try putting a cushion in the small of your back

Try changing position regularly or having a short walk every 30 minutes

When you relax try lying in different positions rather than just sitting

In bed try using a pillow between your legs or under your tummy

Heat

Try using a heat pack on your back to ease the pain (use for 15-20 minutes regularly through the day, make sure you don't burn your skin)

Painkillers Help

Your GP can advise you on pain medication

We'll help you get better and stay better. Why not call for free telephone advice or book into see one of physiotherapists?

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