

MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

MANAGING BACK PAIN-LEVEL 2



Early intervention for back pain could save you a lot of pain and financial cost. There are many different types of back pain and what management works for one person could be potentially harmful to another. A manipulative and sports physiotherapist has advanced training in the diagnosis and management of acute and chronic back pain.

PAIN RELIEF

It is very important that your acute back pain is managed aggressively with pain-easing modalities. This includes manual therapy, specific exercises, heat, analgesia and anti-inflammatories. Once the pain has subsided, strengthening and conditioning programs are implemented. Your physio will guide you through this process

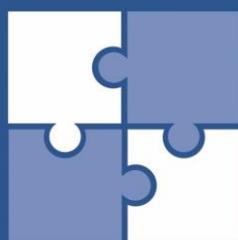
TOP FIVE TIPS

1. Reduce your sitting and bending activities.
2. Use support to reduce strain on your back
e.g. standing against a wall, placing a pillow in the small of your back, using pillows between your knees when you sleep.
3. Combine your medication with heat followed by exercise to achieve movement without pain.
4. Brace yourself before moving, especially when twisting, as this reduces the sudden sharp pain associated with tissue damage.
5. Report a sudden worsening of your symptoms, especially leg symptoms or changes to your bowel or bladder function.

Remember that close communication with you, your physio and doctor, is paramount for achieving a good outcome for your back. Mead Physio Group has an excellent professional relationship with all local doctors. In addition, the clinic's physiotherapists have advanced clinical skills in manipulative and sports therapy. You are in good hands!

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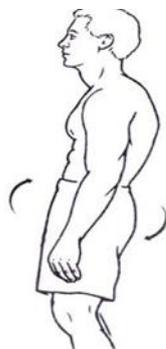
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Sitting...

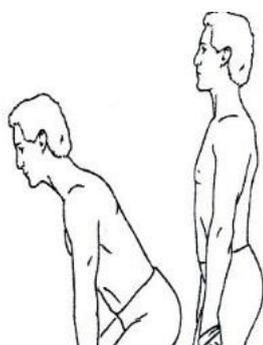
It is best to avoid sitting for long periods as this can increase compressive forces through your back. Sit with a lumbar support and remember to move by rolling your hips at regular intervals.

Standing...



Sometimes standing with a pelvic tuck helps to relieve pain associated with prolonged standing. Place one foot on a stool to help support your back or alternatively position your knees bent.

Bending...



Remember to maintain the natural arch in your back when bending. Use your knees and brace your stomach to stiffen your spine before moving.

Walking...Is generally better than sitting or standing still. Try to tuck your pelvis in to brace your spine and shorten your steps. Limit the time you walk until you know how your back responds.

Exercises...

Posterior Pelvic Rolls

Roll your pelvis into the floor by tilting your pelvis to lightly flatten your back.



Anterior Pelvic Rolls

Roll your pelvis towards your feet thus by arching your pelvis and creating a small tunnel in your back.



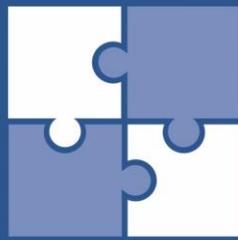
Prone Spine Extension

On your stomach, stabilise your spine and push through your hands to curl your spine up off the floor into a arched position, and return.



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Up Cat

On all fours, curl your spine upwards towards the roof.



Down Cat

On all fours, arch your spine so that you create a hollowed back.



Straight Leg Raise

With your non-exercising knee bent and your spine stabilised, lift a straight leg up to the height of the opposite knee.



Strengthening

Once the acute pain has settled, strengthening exercises can commence. These involve tightening the lower stomach and pelvic floor, which are important in supporting your lower back and pelvis. Furthermore, a conditioning program has been shown to reduce future recurrences in acute back pain. A graduated program is set with increasing levels of difficulty.

Pelvic Bridge

Roll through your hips and gently peel your spine up off the floor while relaxing your back. Return slowly.



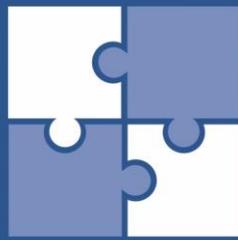
Spine Rotations in Leg Up Position

With both legs elevated and hips and knees bent to a right angle, rotate your legs to each side..



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Fit Ball Anterior and Posterior Pelvic Tilts

Sit on a Fit Ball and roll your hips backwards and forwards to create an arch and rounding of your back, respectively.



Leg Marches

Sit on a Fit Ball and stabilise your spine. Gently lift one foot just off the floor. Lower the foot back to the floor and repeat with the other leg. Tip: maintain a stable spine while transitioning the marching from one leg to the other.



All Fours Diagonals

On hands and knees, elevate the diagonally opposite arm and leg while maintaining your spine still.



Clams

Lie on your side with pelvis supported, spine stabilised, and knees bent. Roll your top knee up off the bottom knee and return slowly.



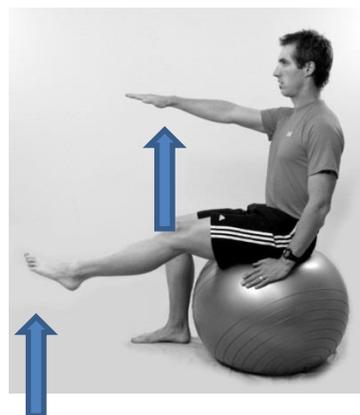
Hip Abduction

Lie on your side, straighten your uppermost leg with your toes pointing down. Support your pelvis and elevate the upper leg to just above horizontal and lower slowly.



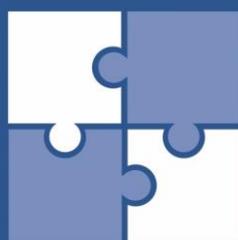
Straight Arm & Leg Marching

Sit on a Fit Ball. Extend your opposite arm and leg outwards while maintaining your balance. Lower to the floor and repeat by elevating the diagonally opposite leg and arm.



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Fit Ball Lateral Flexion Stretch

While side-on to the ball, roll yourself up and over the ball while extending your arms and legs outwards to create a stretch through the side of your spine.



Fit Ball Sit Ups-Supine

While on your back with your knees bent, tuck your chin in and gently roll the fit ball up to the top of your knees, curling your head and shoulders just off the floor. Return to the start position.



Prone Diagonals

While on your stomach, lift the opposite arm and leg up off the floor while maintaining a still back position.



Prone Bilateral Arm Lifts

Lie on your stomach, stabilise your spine and just lift both your arms up off the floor and return.



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