BACK CARE AFTER AN INJURY

It is a common myth that you should rest after a back injury. In fact, you should return to gentle activity and avoid bed rest. Bed rest is not an effective treatment for back pain and may cause you to heal more slowly.

Here is what you should do:

1. Your doctor is likely to have given you a muscle relaxant and anti-inflammatory agent. Take them as prescribed.
2. Apply ice over the sore area for the 1st 48 hours. 15-20 mins per time, several times a day. After 48 hours, switch to heat therapy.
3. Gentle massaging of the sore areas will help loosen tense muscles.
4. Sleep in a curled-up, fetal position with a pillow between your legs. If you usually sleep on your back, place a pillow or rolled towel under your knees to relieve pressure.
5. Do not do activities that involve heavy lifting or twisting of your back for the first 6 weeks after the pain begins.
6. Start gentle stretching.

Try some of the following Stretching Exercises:

KNEE TO CHEST

Starting Position: Lie on your back.

Action: Clasp your hands behind one thigh and pull it towards your chest.

Keep the opposite leg flat on the surface of the floor. Hold for 30 seconds. Switch legs and repeat.

PELVIC BRIDGE

Starting Position: Lie on your back. Keep your knees bent and feet together. Rest your arms by your side or fold your arms across your chest.

Action: Pre-hump your lower back by clenching your bottom and pulling in your tummy. Roll up your spine segment by segment until your body forms a straight line between your shoulders, hips and knees. Hold position for 15 seconds then slowly lower your back to the mat, once again, segment by segment. Repeat 3 times.

FULL BACK STRETCH

Starting Position: Sit in a chair with your feet flat on the ground. Relax your shoulders and keep your head level.

Action: Curl your neck, upper back and lower back slowly forward. Allow your hands to reach the floor until your palms are touching the floor. Hold position for 30 seconds. Feel the stretch. Straighten up slowly to your starting position.