

BRIDGING:

- Lie flat on your back, with your knees bent.
- Place hands on your stomach.
- Squeeze your bum and lift it up.
- Hold for 10 seconds.
- Repeat 3 times.



STRETCHES

KNEE TO CHEST:

- Lie flat on your back, knees bent.
- Bring both your knees up & pull it gently into your chest.
- Hold this position for 5-10 seconds.
- Repeat 5 times.
- Remember to keep your tail-bone flat on the floor.



CHILDS POSE:

- Start on your hands and knees. (Kneeling)
- Then place your buttocks to your heels and stretch arms reaching forward.
- Hold this position for 30-60 Seconds and breath normally



ROTATION: (SIDE TO SIDE LEG MOVEMENT)

- Lie flat on your back, knees bent.
- Keep your hands and feet on floor or mat.
- Sway your legs from side to side.
- Repeat 5 -10 times.
- Remember to keep your tailbone on the floor.



Use the pictures under the instructions of each exercise for additional guidance.

EXERCISE STRETCH RULES

- Do exercise stretches in the morning, afternoon and evening.
- Do not push beyond your pain.
- If pain persists or increases, **STOP** your exercises **immediately** and consult a Doctor or a physiotherapist.
- Wear a back brace whilst exercising, if needed.

DISCLAIMER: INFORMATION GIVEN IN THIS BROCHURE IS PURELY TO MAKE PEOPLE AWARE OF LOW BACK PAIN AND HOME TREATMENTS TO EASE THE PAIN. CONSULT YOUR DOCTOR IMMEDIATELY IF YOU FEEL AN INCREASE IN LOW BACK PAIN/SYMPTOMS.

LOW BACK PAIN

Low back pain is now the leading cause of disability worldwide (Adrian C Traeger et al, 2019). It is an extremely common symptom that occurs in all age groups, from children to the elderly population.



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MEDICAL MANAGEMENT

Lower back pain is diagnosed by a Doctor through a physical examination and an interview about present and past medical history. Once a physical examination has taken place your Doctor will prescribe medication and possibly a referral to a physiotherapist.

Medication for the inflammation associated with low back pain is used as well as physiotherapy to improve flexibility of the spine and decrease associated muscle tension.

If your condition does not subside with conservative treatment your doctor could send you for further investigations such as: X-Rays, CT scans or MRI scans. This will assist in determining any structural changes of the vertebral column.

CAUSES

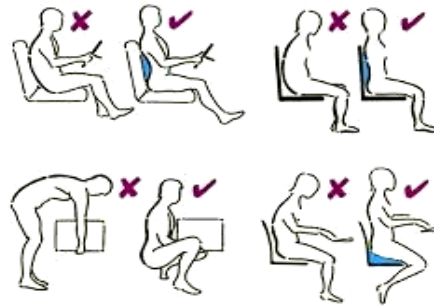
Low back pain is a symptom and can result from several different known or unknown abnormalities or diseases:

There are some serious causes of persistent low back pain like malignancy, vertebral fracture, infection, or inflammatory disorders such as axial spondylarthritis.

But most lower back conditions are related to repetitive movement and postural changes of the spine.

PREVENTION

- Don't slouch your back when driving
- Keep your arm at a 30 cm distance from the steering wheel
- Sit against the back support when sitting in a chair.
- Bend your knees when lifting objects & hold objects close to your body.



HOME TREATMENT

- Apply Ice packs, wrapped in a towel directly after an injury or strain to aid with the decrease of inflammation for approximately 15 – 20 minutes
- Heat can be applied thereafter, to aid in blood circulation releasing any muscle spasms. For a time period of approximately 15 – 20 minutes
- Perform stretches 2-3 times a day in order to lengthen the affected muscles.
- Once pain levels have reduced, start with strengthening exercises.

EXERCISES

HOW EXERCISE HELPS

Always ask your health care professional before doing any exercise, for back pain.

You may feel like resting but moving is good for your back. Exercises for lower back pain can strengthen back, stomach, and leg muscles, which help support your spine, relieving back pain. Depending on the cause and intensity of pain, some exercises may not be recommended and can be harmful.

[The following exercises and stretches can be performed with acute and chronic low back pain](#)

- Lie flat on your back with your knees bent.
- Take a deep breath out and pull your navel toward your spine, in order to flatten your back against the mat or floor
- You should feel the tightening of your stomach muscles.
- Hold this muscle tight for 30 seconds while breathing normally in and out.
- Repeat 3 times

