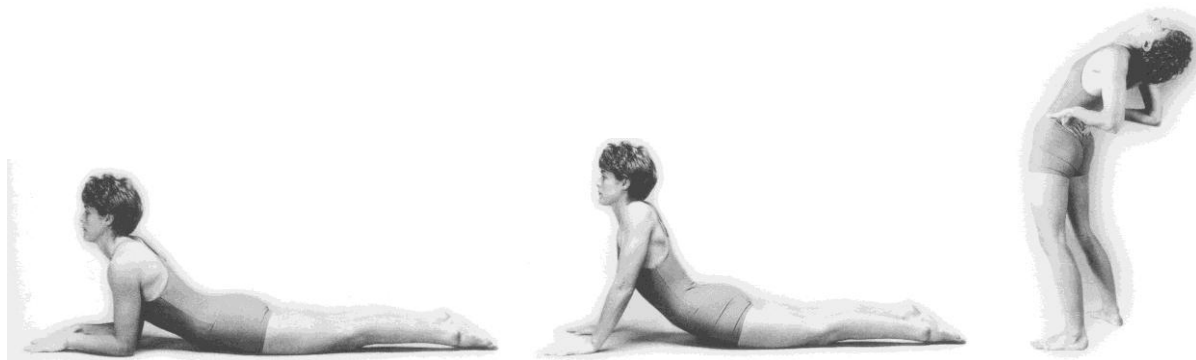


PHYSIOSOUTH Back First Aid

The following advice may help relieve, or even more remove back pain. But remember; contact us immediately if the pain is no better after 2-3 days, or if it is particularly severe. **Severe pain should always be treated quickly**

The most important thing to remember with a bad back is the extension principle. Bend Backwards and Avoid sitting or bending forwards

BEND Backwards...



Images courtesy of "Treat Your Own Back" – Robin McKenzie (copies available for purchase at all PHYSIOSOUTH Clinics)

The activities most likely to worsen back pain – such as sitting, bending forwards and lifting – all involve flexion of the lumbar spine, in other words, forward movement. The pain is worse because it increases the mechanical deformation, which produced your back pain in the first place. Bending backwards decreases the mechanical deformation

AVOID Sitting or Bending Forward...



Incorrect – Slouching



Correct -Less Strain

Images courtesy of "Treat Your Own Back" – Robin McKenzie (copies available for purchase at all PHYSIOSOUTH Clinics)

This is very important because prolonged sitting brings with it a very high risk of making both your problem and your pain much worse

Lie down or stand instead

If however you do have to sit, it is vital that you use a Lumbar Roll, (The Original McKenzie® lumbar rolls are available for purchase at all PHYSIOSOUTH clinics) or as a last resort a rolled up towel. This is to maintain your Lordosis while sitting. The Lordosis is the natural curve in your back, which is present when you stand. Without Lumbar support it is lost when sitting, causing your back to go into flexion and aggravate your problem further.

As with sitting, forwards bending will make your back worse and should be avoided at all costs.

What to Do

Lying on your stomach and bending backwards regularly will usually decrease the mechanical problems in your back. It will hurt at first, but the more you do it the easier it should become. If you have been given other exercises to do, do these as well.

The Pain should then: Move forward towards the middle of your back

Reduce

Abolish

If the opposite happens and your pain increases, stop the exercises immediately. The only exception to this is when the pain moves towards the centre of your back. This pain can actually be worse than the original pain, but is a strong indicator that you are getting better

Remember: if in pain, stop sitting and bending forwards. Bend backwards at least once an hour. This should help, but if you have no improvement after 2-3 days or if pain is particularly severe, contact us immediately for advice

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