



ADVICE FOR PATIENTS WITH ACUTE ONSET OF BACK PAIN

- It is important to maintain a good posture from the onset of your injury/ pain. Try to sit upright in a chair, do not allow your back to slouch.
- Avoid bending forward or slouching in a chair, whilst at work, driving, sitting or watching the television.
- Avoid sitting for long periods (20-30 minutes maximum). Stand up, stretch and walk around at regular intervals.
- Although resting an injured back is important in the first 24-48 hours, it is crucial to start moving the back and become active as soon as possible- this will aid and speed up your recovery.
- Use an ice pack (wrapped in a damp tea towel) for 25 minutes (up to a maximum of hourly).
 - The ice pack will help to reduce muscle spasm and help ease discomfort.
 - Do not expect it to clear your pain, it will help to ease your symptoms and help prevent any further deterioration.
- Whilst in bed find a position that is the most comfortable for you. Lying on you side with pillows between your legs is one option. Please be careful of your neck position.
- You will be stiff in the morning, try to gently move your arms, legs and back 5 times before you try to get out of bed. This will help to increase circulation and reduce some stiffness before you move.
- Squeezing your bottom whilst sitting in a chair is good for improving circulation and strengthening your bottom muscle. Try to do this 10 times every hour.

Physiotherapy Treatment can include:

- Joint mobilisation and manipulation
- Soft tissue massage
- Ultrasound and electrotherapy
- Acupuncture
- Strengthening and mobility exercises
- Pilates
- Postural and management advice



Please contact VCF Physiotherapy for further advice or information on: