

# 10

## TIPS TO HELP EASE YOUR BACK PAIN



Lower back pain is an enormous burden on society with up to 80% of society being affected by lower back pain in their lifetime. If you are suffering from lower back pain the following tips will assist you in easing your pain. If pain persists please see your local health care provider.

Ten tips are:



Avoid bending, twisting of the lower back, trying to keep the natural lower back curve especially for the first few hours in the morning.



Sit for short periods only with good posture- use a lumbar chair support as prescribed by your physiotherapist to decrease the load on your back, especially if work at a desk, undertake long drives or plane trips



Use heat to decrease muscle spasm and improve blood flow. Apply for 15-20 minutes as often as required.



Sleep on your side with a pillow between your legs, or if lying on back place some pillows under knees or have knees bent up.



Take a course of anti-inflammatory medication if discussed with your health care professional.



Avoid prolonged positions, take breaks if sitting, small walks are helpful.



Slightly extend your back when coughing or sneezing, and hug a pillow.



Place a stool under your feet when going sitting on the loo.



**'No pain no gain' DOES NOT APPLY TO THE BACK-** pain is your body telling you it needs rest and care.



Females- avoid high heels, they change pelvic position and place load on the lumbar spine.