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|  8 Tips to helpsay Goodbyeto your Back Pain  |
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**8 Tips to help say Goodbye to your Back Pain**

**Introduction**

The good news is these tips will help you. In this report you will find 8 tips that will all play a role in reducing and eliminating your back pain. When recovering from pain it is all the little things you can do to help your body recover. For example, we cannot sit poorly or slump for hours on end on a couch or a bad chair and expect our spines to be happy! The tips below are gold standard advice for helping to reduce and eliminate ongoing back problems that are affecting your everyday life and perhaps stopping you doing the things that you love.

**1.Ergonomics Tips**

Maintain a good posture when working at your desk. Ensure feet are supported on the floor or use a footrest to reduce pressure on your lower back. Take a few minutes break every 20-30 minutes and stretch for optimal results. Your next posture is your best posture (Change positions frequently). Avoid crossing your legs (our Physio’s are quite strict on this!). Avoid long drives if you can, take breaks, stop, get out of the car and move.

**2.Heat or Ice or Heat & Ice Combo Therapy**

Heat pack or hot showers or hot bath helps relax muscles and ease pain.

Ice on the affected area for 10 minutes several times daily, can also help in the short term to reduce inflammation.

Alternating between heat & ice is another option, 10 minutes of heat then10 minutes of cold.

**3.Pillow, Mattress & Sleep Advice**

The recommendation is to sleep on your side or back. Do not sleep face down. If you sleep face down the neck and spine are twisted allowing the low back to sink into too much extension which then in turn can cause back pain. If sleeping on your side, place a pillow or a pillow folded in half between the legs. This can take the pull of the low back. If lying on your back place a pillow under the knees. It stops the leg muscles pulling on the low back. This can be done while in pain, then remove the pillow when the back pain is gone. It is advisable to change your mattress approximately every 7 years. Soft, medium or firm is a personal preference. Ensure you are getting enough sleep. It is important for recovery.

**4.Daily Low Back Exercises**

A good combination of exercises for your back will include a combination of mobility, stretch and strengthening exercises. Back stretches and mobility exercises help to release muscular tension and relieve joint stiffness. Strengthening exercises tone the back muscles and get them strong so they support your spine and pelvis. Regular physical activity, along with some of the type of exercises above can help keep your back strong & healthy.

**5.Consistent Pilates**

Consistency is key! Practice Pilates a few times per week. We have seen life changing results from regular Pilates Practice. This can be in a class or at home on your own. Louise recommends 5-15 minutes of daily practice or every second day will keep pain away, maintain flexibility and gain strength. Our low backs love to be moved, think of it as WD40 for the joints!

**6.Relax, Stay Positive & Breath**

Relaxing is crucial when managing pain. Muscle tension caused by worrying about your condition makes things worse. Try some deep breathing exercises. Listen to some relaxing music.

**7.Avoid**

When we are trying to recover from back pain it is advisable to avoid certain things:

• Prolonged standing, sitting, lying

• Bed Rest

• Aggravating activities that bring on pain

• Very braced or protective movement patterns

• Heavy lifting

**8. See a Specialist Physiotherapist**

The quickest way to help back pain is to see a Physio. A specialist Physio will use hands on techniques that can help ease pain quickly. They know exactly how much pressure to use on a muscle or joint to ease pain or stiffness. They will loosen tight muscles, get stiff joints moving and then strengthen the weak areas to prevent it happening again.

Louise and her Team love working with those with back pain and have been treating back pain successfully for 15 years. Their Team includes specialist Physiotherapists, rehabilitation specialists and experienced Pilates Teachers who have seen it all. They have gained a reputation for helping people suffering with long term back problems. They have figured out all of the tricks that work for back pain, getting rid of it and preventing it from returning. They bring a wealth of experience from Spinal Rehab, different schools of Pilates and specialised rehab. We have discovered several approaches that work for different people and have put systems in providing a number of options to choose from. Some like to have regular hands-on physio, some like to work at home with their exercise program, have these reviewed and progressed every so often. Some like to come into us regularly and work with us on a 1:1 basis. Others like to join our small group classes which will get you moving, loosen any tight muscles, work on your alignment and strengthen your low back and abdominal muscles. This in turn will get you stronger, eliminate pain and have you feeling healthier and happier. All of this can be discussed to see which approach will work best for you.

**Conclusion**

That is our guide to helping you with back pain. An important factor to note back pain can be resolved. With the correct tools and guidance, you can get back to doing the things you love. If you find the tips helpful and you would like to learn more, we can help you. We have tonnes more advice and tips for back pain. We look forward to meeting you and helping you along your journey to recovery and living a healthier lifestyle.

**Louise O’ Rourke**

**Back Rehab Specialist**

**Chartered Physiotherapist, MISCP, CORU**