

Golden Tips For Your Back

For those suffering ...and those who would like to avoid it.

- Pain is a warning sign that something is not right. Do not ignore it and do not continue taking pain relieving medication unless advised by your doctor.
- Do not place heat on your back in the early acute stage. An ice pack/bag of frozen peas wrapped in paper towel placed on the back for 15 minutes at a time every 2-3 hours will reduce the inflammation quicker. Avoid hot baths.
- Avoid sitting on soft chairs or deep couches. Sit on a firm but cushioned chair with a good back support.
- Do not sit for prolonged periods as this will increase the pressure in your low back. Take regular short breaks to stand or walk around or use a chair with a rocking mechanism to encourage movement of your back while seated.
- Sleep on a good quality supportive mattress, preferably on your side or back, not on your stomach. To get up, move to the edge of the bed, roll onto your side and push up with your arms as you swing your legs off the bed.
- Do not stay in bed for prolonged periods as this will slow your recovery. Try and get up regularly if you do need to be in bed and keep mobile whenever possible.
- Do not cough or sneeze sitting down or in a bent position if possible.
- Avoid bending, lifting or twisting when in pain. Try and keep your back straight and bend your knees if you have to bend. Keep your arms close to your body when lifting objects.
- When standing for long periods place your foot on a small box/book alternating periodically.
- When shopping do not amble as this can be more painful than walking briskly. Walking can often be very helpful in alleviating back pain.
- Avoid all sport if in pain, including swimming initially. A 15 minute walk may be helpful.
- Do not delay treatment if your back pain persists. Early identification of the problem and appropriate treatment can speed up recovery and prevent chronic back pain and disability.

For further advice or treatment contact:

Heathcote Chiropractic Clinic

Tel: 01926 889558

Warwick Gates Family Health Centre,
Cressida Close, Heathcote, Warwick, CV34 6DZ

Heathcote
Chiropractic Clinic