

Conservative Back Pain Initial Management

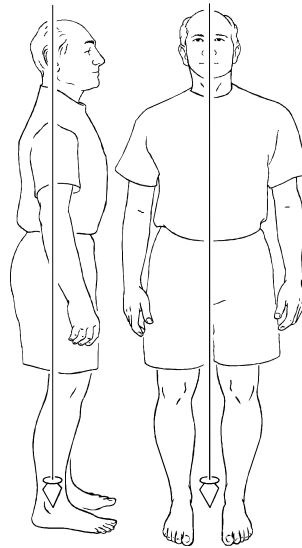
Below please find a sample of early techniques to manage Back Pain. For best results, discuss this plan with your occupational therapist, physiotherapist or physician.

Ice

Apply a cold pack wrapped in a damp tea towel to area of pain on the back for 10 to 15 minutes. Reapply every 2 hours as required.

Modify Activities

- Until given further instructions from a physiotherapist, avoid bending your back strongly forward or backwards.
- Get into and out of bed from side lying.
- Check your posture and attempt to maintain upright posture with normal curves.
- **Initially** primarily lie or walk avoiding prolonged sitting.
- **Avoid** prolonged lying after 1 - 2 days from initial back pain.
- Change position frequently



Exercises

Engage core by pulling belly button toward back while tightening pelvic floor and buttock muscles **without holding breath**. Hold for 5 seconds (Can do in standing, walking, sitting or lying). Repeat throughout the day 10 or more times.

See your physiotherapist or physician for further management.