

## **INFORMATION FOR LUMBAR SPINE PAIN**

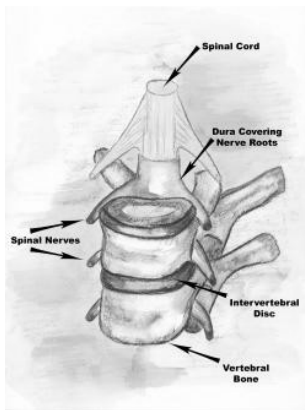
We have received a Physiotherapy referral for you. You have been placed on our waiting list and will be invited to attend an appointment as soon as one becomes available. Currently our waiting list is .....weeks. This is a rough guide as our waiting list fluctuates, so you may be seen sooner or later than this.

We will write to you 4-6 weeks before an appointment becomes available and ask you to telephone our office to arrange a mutually convenient appointment.

In the meantime we hope you find the information in this leaflet useful to help you manage your current problem. The advice / exercises should help to speed up your recovery and maximize the effects of physiotherapy and may actually resolve the problem. If this is the case please contact the Physiotherapy Department to let us know that you no longer require your appointment.

In the unlikely event that you have any problems after following the advice in this leaflet, please contact the **Physiotherapy Department on 01603 286990 between 8.30—4.00 Monday to Friday.**

### **THE FOLLOWING STRUCTURES MAY BE INVOLVED IN YOUR PAIN**



**LIGAMENTS**—One of the structures that provide the stability in your spine.

**MUSCLES**—Very important structures which produce movement and provide stability in your spine .

**TENDONS**—Structures which allow the muscles to attach to the bones.

**NERVES**— Structures which transmit impulses e.g. pain to the brain.

### **FOR THE FIRST 48 HOURS AFTER AN INJURY OR RE-INJURY**

**RELATIVE REST**—Try to maintain a comfortable upright positions or if necessary lie down in a comfortable position for short periods (e.g. 20—30 minutes) Avoid sudden and / or large back movements, prolonged postures e.g. working at a desk or sitting slumped and change posture regularly.

Try to avoid more than 48 hours in bed, by getting up regularly and walking around. Sit for short periods (e.g. 20—30 minutes) as long as it is comfortable. Try sitting with a small cushion or rolled up towel in the small of your back.

Applying heat or ice may allow muscles to relax and give some symptomatic relief.

## AFTER 48 HOURS FROM THE INJURY

Perform gentle movements of the back little and often—as per the exercises on the below.

**Application of ice:** Place a wet tea towel directly over your skin, then place a bag of frozen peas on top of the towel. Keep the peas on for 15 – 20 minutes, checking your skin from time to time. Repeat up to 3 times a day.

**Application of Heat:** Wrap a hot water bottle in a towel and place over the area. Keep it on for 15 – 20 minutes, checking your skin from time to time. Repeat up to three times a day.

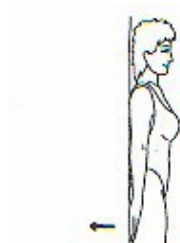
## EXERCISES

These exercises are an important part of your rehabilitation. They will help to reduce your pain, increase your range of movement and help restore normal function. The exercises should be carried out little and often (four times a day) and only move as far as pain allows. If they increase your pain, then reduce the number or frequency of exercises, or have a rest for a couple of days before restarting



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Lie on your back with your knees bent. Bend both knees, one at a time towards your chest as far as you can comfortably, rock your knees to your chest comfortably for about a min. Lower your legs one at a time.



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Stand with your knees slightly bent. Flatten the small of your back by pulling your tummy in and tucking your bottom in. Remember to do this movement every time you try to stand up, leaning forward or lifting



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Lie on your back, with your knees bent, and arms by your side. Make sure your knees and feet are slightly apart.

Press the small of your back against the floor as far as you comfortably can. Hold for 5 seconds while breathing normally. Repeat 10 times

