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Physical Therapy / Massage Therapy / Thai Bodywork

General Instructions

When Recovered From Acute Low Back Pain

You have recovered from the acute episode because of your ability to master exercises which relieved your pain. These exercises must be repeated whenever situations arise which have previously caused pain. You must perform the corrective movements before the onset of pain. This is essential.

If you carry out the following instructions, you can resume your normal activities without the fear of recurrence.

SITTING

- When sitting for prolonged periods the maintenance of the lordosis is essential. It does not matter if you maintain this with your own muscles or with the help of a supportive roll, placed in the small of your back.
- In addition to sitting correctly with a lumbar support, you should interrupt prolonged sitting at regular intervals. On extended car journeys you should get out of the car every hour or two, stand upright, bend backwards five or six times, and walk around for
- a few minutes.

BENDING FORWARDS

- When engaged in activities which require prolonged forward bending or stooping - for example, gardening, vacuuming, concreting - you must stand upright, restore the lordosis and bend backwards five or six times before pain commences.
- Frequent interruption of prolonged bending by reversing the curve in the low back should enable you to continue with most activities you enjoy, even with some you do not enjoy.

LIFTING

- If the load to be lifted weighs over thirty pounds, the strain must be taken with the low back in lordosis and you must lift by straightening your legs.
- If the object weighs under thirty pounds less care is required, unless you have been in a bent or sitting position *for* some time prior to lifting. In the latter case you must lift as if the weight exceeds thirty pounds..
- In addition to correct lifting technique, you must stand upright and bend backwards five or six times after lifting.

RECURRENCE .

- At the first signs of recurrence of low back pain you should immediately start the exercises which previously led to re-covery, and follow the instructions given for when in acute pain.
- If this episode of low back pain seems to be different than on previous occasions, and if your pain persists despite following the instructions, you should contact a manipulative therapist.

REMEMBER

- If you lose the lordosis for any length of time, you are risking recurrence of low back pain.

For more information on Massage, other therapies available or to make an appointment contact:

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