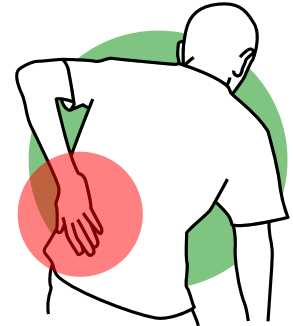


Managing Low Back Pain

Common Causes:

- Bending or twisting awkwardly
- Poor lifting technique
- Extended periods of sitting or standing
- Repetitive lower back movements



Physiotherapy Advice:

- Exercise and movement will help, maintain physical activity as inactivity can lead to stiffness and will delay recovery
- Use heat regularly to control pain
- Avoid sitting for longer than 30 minutes at a time - stand up for 1 minute before sitting again
- Seek physiotherapy advice if pain continues

Exercises:



Lower Back Rotations
Repeat 2 mins AM/PM



Glute stretch
Hold 30s, 5 times daily



Hamstring stretch
Hold 30s, 5 times daily



Glute Bridge
Perform 10 times, twice daily



Clam Shells
Perform 10 times, twice daily

Contact ALHACARE for a personalised assessment and treatment.

