

Back Pain

Preventing and Relieving Back Pain

When Back Pain Starts

- Lie down with your back on flat surface. Place a pillow under your knees and head.
- Even if it hurts, walk around very slowly for a few minutes every hour.
- You may need a few days of this sort of rest before your back start feeling better.
- Use heating pads or ice packs for 20-30 minutes at a time on the area that hurts.
- If you are able, get massages, acupuncture or energy treatments. If you can't afford those then try relaxing in a hot tub or bath.

When To Call Your Doctor

- Your pain goes down your leg.
- Your leg, foot, groin, or rectal area feels numb.
- You have fever, nausea, vomiting, weakness or sweating.
- Your pain is so bad you can't move around.
- Your pain does not decrease after 2-3 weeks.
- Your pain was caused by an injury.
- You lose control of your bladder or bowels.

Preventing Back Strain

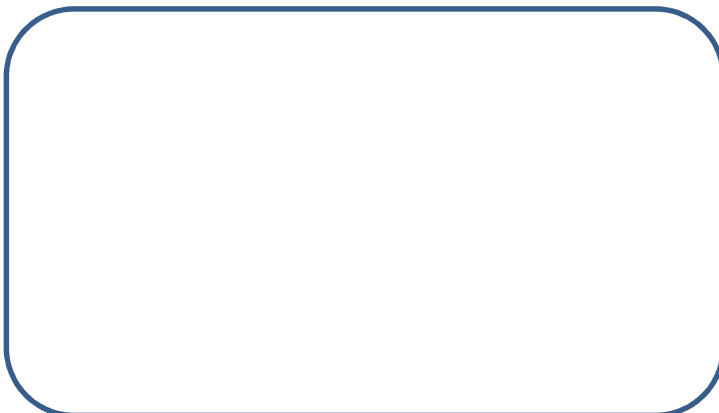
- Lifting: Bend your knees and hips, squat, and lift with your legs muscles. Do not lift by bending your back.
- Moving heavy objects: Push rather than pull heavy objects.
- Sitting: Sit erect not slouched. Do not sit for long periods. Get up and stretch.
- Walking: Don't hold yourself stiffly when you walk; your arms should swing. Don't hang your head down unless you need to look down at something.
- Shoes: Wear flat shoes or shoes with low heels (1 inch or lower) with arch support.
- Standing for long periods of time: Rest 1 foot on a low stool to relieve pressure on your lower back. Every 5 to 10 minutes switch the foot you're resting on the stool.

It is important to keep your back muscles flexible. Your back muscles can help you maintain good posture and keep your body in proper alignment. Don't do any exercises that cause pain.

For exercises, click the QR Code below.

This free patient information from mdCurrent-India is not intended to be a substitute for professional medical advice. Always see your doctor if you are ill or have questions about your health.

Your doctors contact information is available in the box below.



mdCurrent
GLOBAL MEDICINE. LOCAL FOCUS.

<http://mdcurrent.in/patients/patient-education-home/>



© mdCurrent LLC. Doctors in India are permitted to make unlimited printouts or photocopies for distribution to patients.
Rev 2016-02-15