

Physiotherapy Department

Low back pain

Information for patients



Low back pain

Low back pain is very common and what you do in the early stages is important.

The spine is one of the strongest parts of your body. The way it is put together is designed for movement. It is surrounded by strong muscles and ligaments which support and protect the spine.

Resting for more than a couple of days after low back pain starts to hurt is not advised. This is because the spine needs movement in order to start to get better.

Back pain will usually improve within a few days or weeks so that you can return to your normal activities.

Your GP will be able to discuss your pain with you. They may prescribe pain relief medication in the early days to ease the discomfort and help you to start to move. Being mobile will help your back to get better more quickly and you will then be able to reduce your medication.

Although back pain is very distressing, in most cases it is not due to any serious disease or damage.

Why keep active?

- Moving around will prevent the joints in your spine from getting stiff. Stiff joints can become painful.
- It will keep your muscles strong.
- You will feel more positive.
- It will reduce the severity of your pain.
- You are more likely to be able to return to work quickly.

What sort of activity?

Research has shown that people who do regular exercise are less likely to develop chronic back pain. The type of exercise you should do will vary depending on your level of fitness.

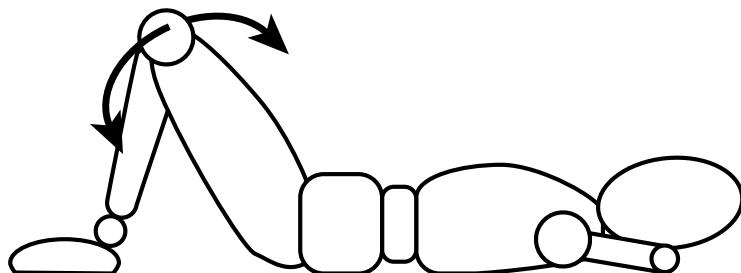
There is no 'perfect' type of exercise for low back pain. It is therefore much better that you do a type of exercise which you enjoy and are likely to stick to. This could include:

- walking
- swimming
- pilates
- yoga
- dancing.

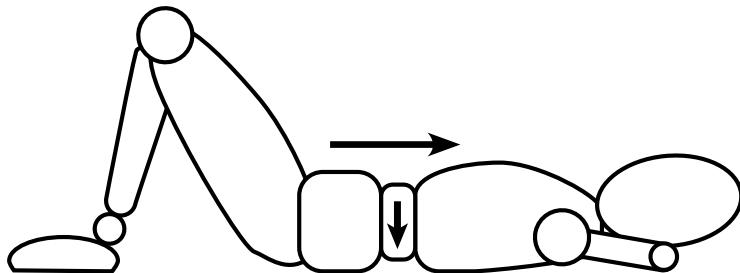
However, in the early days or weeks, you can do simple exercises to get you moving. Together with continuing your usual activities at home, these will be enough to help.

These exercises could include:

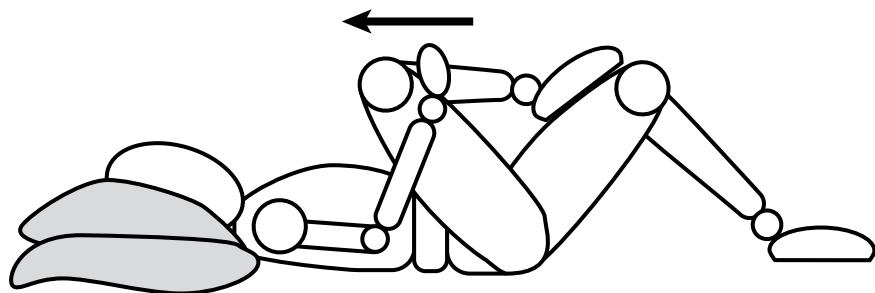
- **Knee rolling** – lie on your back with your knees bent and your feet on the bed. Gently lower your knees from side to side. Start with very small movements and increase as your joints loosen up. Do this for 30 seconds to 1 minute.



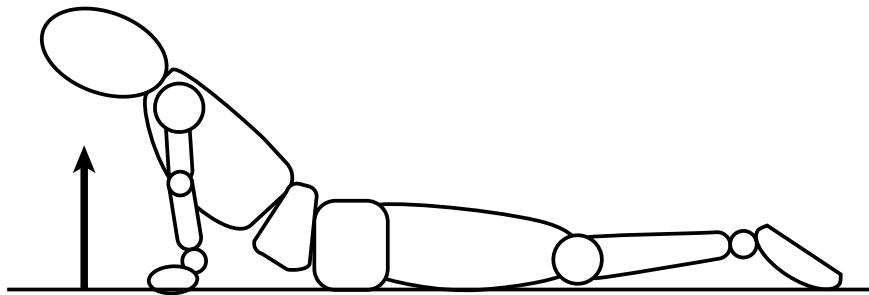
- **Pelvic tilting** – in the same position, flatten your lower back onto the bed so that the front of your pelvis tilts towards your ribs and then release slowly. Do this in a gentle rocking motion for 30 seconds to 1 minute.



- **Knees to chest** – in the same position, grasp your right knee and gently pull it towards your right shoulder. Try to keep your shoulders on the bed. Pause for a couple of seconds and then return to the starting position. Repeat with the left leg. Try 5 times on each leg. As you feel more comfortable with this exercise you can try it with both knees together.



- **Back extension** – lying face down on the bed with both hands under your shoulders. Your elbows can be pointing either down to your toes or out to the side, whichever is more comfortable for you. Straighten your arms so that your upper trunk lifts off the bed. Keep the front of your hips on the bed and your pelvis and legs relaxed. You may find that you can only partially straighten your arms – this is fine. Repeat up to 10 times.

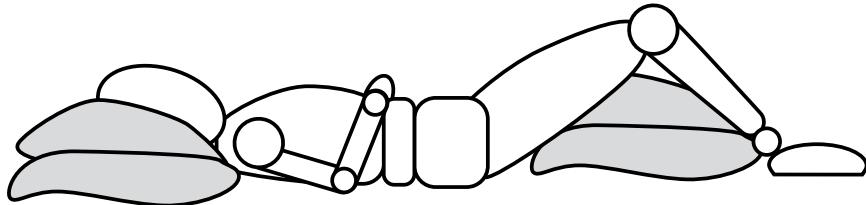


It is a good sign if a position or exercise causes your pain to reduce or move to the middle of your back. Use these positions often and keep going with the exercises.

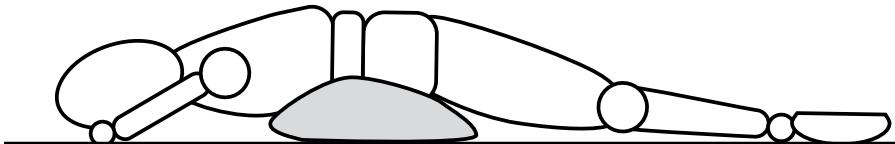
It is a bad sign if a position or exercise causes your pain to increase or move down into your buttock or leg. Avoid these positions and stop doing the exercise immediately.

Comfortable positions

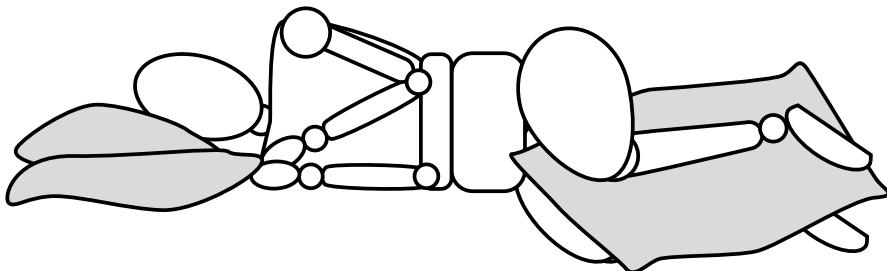
- Lie on your back with a pillow or two under your knees.



- Lie flat on your front. If this is too painful try again with one or two pillows under your hips. As your pain eases, remove the pillows so that you are completely flat.



- Lie on your side with a pillow between your knees. Sometimes a rolled up towel around your waist also helps.



- Sitting is often very uncomfortable so it is best to only sit for short periods of time. If you have to sit it may help to sit on an upright chair with a small, rolled towel in the hollow of your back.

Signs to look out for

See a doctor straight away if you develop any of the following symptoms:

- difficulty passing urine
- loss of control of your bladder or bowels
- numbness around your anus or genitals
- severe weakness, numbness or unsteadiness in your legs.

Further information

- NICE: The National Institute for Health and Clinical Excellence has developed a booklet which tells you more about the treatment and care you can expect from the NHS for your low back pain. www.nice.org.uk/CG88publicinfo
- The Back Book – UK Edition – 2nd edition: Authors: Kim Burton et al. Published by TSO (The Stationery Office)
- www.nhsdirect.nhs.uk
- www.nhs.uk
- www.backcare.org.uk

Questions and how to contact us

If you have any questions, please contact us at the

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If you need an interpreter or need a document in another language, large print, Braille or audio version, please call

01865 221473 or email **PALSJR@ouh.nhs.uk**

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