

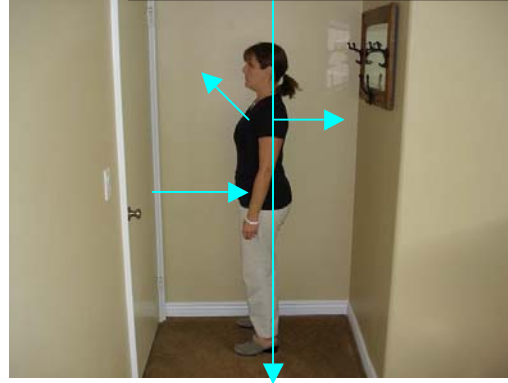
QUICK & SIMPLE SOLUTIONS FOR BACK PAIN!
Nancy Redlich, MSPT

SAMPLE TEXT & PROGRAM:

Simple Ways to Stand without pain!

- Bend knees slightly, do not hyper-extend.
- Stand with weight distributed evenly between both feet, do not weight-shift or lean to one side for too long.
- Tuck your buttocks under slightly and draw your lower abdomen inward toward your spine.
- Push sternum (breastbone) up toward ceiling, bringing shoulders down and back.
- **Use a cabinet, stool or book under one foot when standing at a desk or sink.**

FYI: Correct alignment occurs when your ear, shoulder, hip and ankle line up!



FYI: Bending one knee while standing will help reduce the strain on your back when doing certain activities.



Don't let your head and neck fall forward or round your shoulders and slouch! You will cause more pain and stress on your back!



Important Protocols for Treatment:

Acute Phase (can last up to 2 weeks):

- Protection from further injury is key
- Proper positioning for reducing further stress on tissues (see how to sit, sleep, stand, bend & drive without pain)
- Initial use of cold compression on tissues, or alternating between hot & cold. (15 minutes heat/ 15 minutes cold x 2 cycles every 4 hours).
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- Anti-inflammatory creams or tablets (see section on alternative natural anti-inflammatories that are available).
- Gentle stretching (see back pain relieving exercise)
- Caution: Do not get an aggressive massage during this phase. Although initially, it may be relaxing, traumatized tissues may become further inflamed and go further into spasm.

I. Back Pain-Relieving Exercises:

Recommended amount: 2 x day

Total time: 15-30 mins

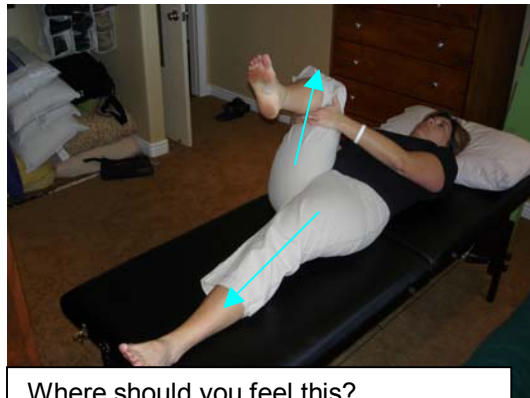
1.



Low Back Release:

Take a pillow and fold in half and place under your pelvis and hips. Get as close to a wall as you can and raise your legs as far up the wall as you can (knees may bend). Close eyes, take a deep breath (expanding your chest, stomach, back and hips), exhale and relax your breath. Repeat for 5-10 deep breath cycles. You should feel tension releasing from your spine & pelvis.

2.



Where should you feel this?

You should feel a stretch at the back of your thigh, buttocks or lower back.

STOP if you feel anything except a stretch!

Single Knee to Chest Stretch:

Gently pull one knee toward chest while keeping other leg straight. Take a deep breath and as you exhale pull knee in a little closer. Continue for 5 breath cycles. Switch sides.

Tip: Keep shoulders, neck and jaw relaxed to avoid strain!

p.s. If groin pinches, can pull knee up and out.

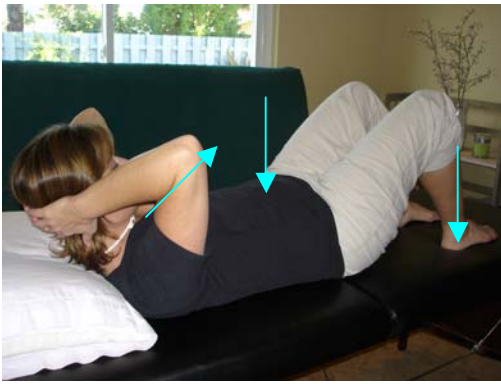
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Stabilization Exercises:

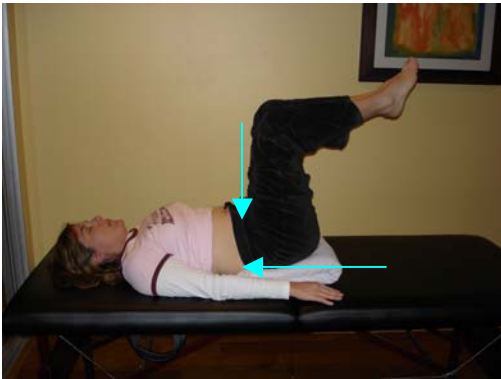
The following section of exercises will focus on strengthening core abdominal muscles. These stabilization techniques can be performed as pain begins to subside.

Recommended: Once daily

Total Time: 15-30 minutes



Curl-Ups: Lie on your back with your knees bent, hands laced behind head. Inhale, exhale and draw your lower abdomen in toward your spine as you raise your chest toward your knees. Try not to squeeze your buttocks and think about putting pressure through your heels. Repeat 10 breath cycles.



90-90's: Start with a flat pillow folded in half under pelvis. Knees at 90 degrees, hips at 90 deg. Inhale, exhale and draw lower abdomen in toward spine (below naval). Hold position for 10 breath cycles, trying to maintain flat lower back. Relax your shoulders, neck, jaw and hands. Repeat up to 10 times.