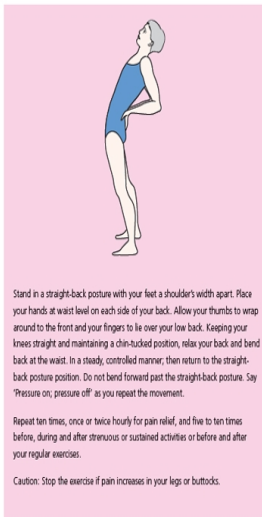


# Fast Facts: Stress and Strain, second edition

Fast Facts: Low Back Pain

Conservative management



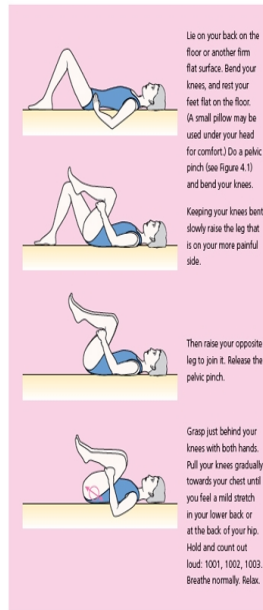
Stand in a straight-back posture with your feet a shoulder's width apart. Place your hands at waist level on each side of your back. Allow your thumbs to wrap around to the front and your fingers to lie over your low back. Keeping your knees straight and maintaining a chin-tucked position, relax your back and bend back at the waist. In a steady, controlled manner, then return to the straight-back posture position. Do not bend forward past the straight-back posture. Say "Pressure on, pressure off" as you repeat the movement.

Repeat ten times, once or twice hourly for pain relief, and five to ten times before, during and after strenuous or sustained activities or before and after your regular exercises.

Caution: Stop the exercise if pain increases in your legs or buttocks.

Figure 4.9 Back bend, standing. It is now recognized that many patients will benefit from a slow repetitive back bend if it can be done without pinching the sciatic nerve or straining the small facet joints in the lower back. The concept is that leaning back squeezes bulging disc tissue forward. This can relieve pain and help prevent recurrences for patients suffering mild to moderate pain if done before and after strenuous or prolonged exercise or activity, or prolonged inactivity.

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Lie on your back on the floor or another firm flat surface. Bend your knees, and rest your feet flat on the floor. (A small pillow may be used under your head for comfort.) Do a pelvic pinch (see Figure 4.1) and bend your knees.

Keeping your knees bent, slowly raise the leg that is on your more painful side.

Then raise your opposite leg to join it. Release the pelvic pinch.

Grasp just behind your knees with both hands. Pull your knees gradually towards your chest until you feel a mild stretch in your lower back or at the back of your hip. Hold and count out loud: 1001, 1002, 1003. Breathe normally. Relax.

Figure 4.10 Double knee to chest. This stretches the low back (lumbosacral) and buttock (gluteal) muscles.

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