

Barnes Chiropractic Healthcare

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LOW BACK PAIN PLAN

1. AFTER TREATMENT:

- Walk for 5 minutes (especially if driving).
- And, after drive a short walk again.

2. AVOID SITTING FOR TOO LONG:

- 30 minutes at a time maximum.
- Then get up and walk around.
- Move around whilst sitting.
- Avoid sitting cross-legged at any time.
- Avoid sitting with knees out to side (especially when lounging/on sofa).

3. AVOID WALKING SLOWLY/ TOO LONG:

- Walk at a steady pace for 20 - 30 minutes daily.
- Avoid ambling slowly, e.g. browsing shops or walking so far that you walk slowly.

4. LIE ON YOUR BACK WITH KNEES BENT UP COMFORTABLY TO REST:

Or lay out with feet up, but with your lower back supported by firm cushions.

5. SLEEP ON YOUR SIDE WITH KNEES SLIGHTLY FLEXED:

With a small cushion between knees or on your back with pillow under lower half of legs. DO NOT SLEEP ON FRONT.

6. ICE PACK:

- Use ASAP after treatment.
- Apply pack, wrapped in thin-towel or paper towels, to inflamed areas for 10-15 minutes only, no longer.

Repeat every 2 hours at least 3 times a day until directed to stop by chiropractor.

7. POSITION YOUR CAR SEAT:

Optimum Angle 110°.

8. LIFTING:

Avoid if possible, but bend knees to lift and avoid any twisting whilst carrying.

9. EXERCISES

Knee to chest exercise:

- Whilst lying on back, (preferably on firm surface), with both hands around one knee, gently pull knee to chest and hold for 5 seconds then gently lower.
- Repeat 10 times on each side.
- Breathe slowly and relax throughout.

Other exercises:

Refer to separate exercise sheet(s) as prescribed by chiropractor

10. NUTRITION:

- In cases of probable long-term wear and tear: Glucosamine Sulphate 500mg with each meal (i.e. 3 x day).
- Water: the discs of the spine require water to maintain their supporting/shock-absorbing role therefore drinking 1.5L per day is a must!
- Reduce refined sugars, caffeine and alcohol. Stop smoking. All can affect circulation to, and dehydration of, the disc.

11. HOUSEWORK/ GARDENING/ACTIVITY:

Although not always considered strenuous activity, some housework (and gardening) can be detrimental to recovery depending on how it is done, what positions you are in, and how you bend/lift. Vacuuming, ironing, sweeping and mowing can irritate a healing lower back condition if carried out for too long or in poor posture.

GENERAL NOTES:

Being active is generally considered to be a positive route to recovery and this is certainly true in most cases. However, what you do and how you do it are extremely important.

Your chiropractor will explain ways to stay active, without being detrimental to proper and necessary healing.

REMEMBER:

No running or jogging until chiropractor has advised this is OK.

Usually swimming:

- front-crawl
- back stroke
- use a float if necessary

BUT: IF PAIN AT ANY TIME STOP IMMEDIATELY.

Your low back pain was probably the last sign to appear after a long period of weakening and improper movement and stability of the joints and muscles of the low back. Please follow your treatment plan to allow optimum healing and long-term benefits.

If you feel pain, (or any discomfort other than that of a muscle working hard), at any time during an exercise it is important to stop and seek further advice from Barnes Chiropractic Healthcare.

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