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TIPS TO MANAGE BACK PAIN

1 KEEP MOVING

It may seem like all you want to do is lie down however some movement little and often will prevent your back muscles becoming tight and prevents your joints feeling stiff. When your back pain is bad aim to move short distances around your house and alternate between standing, sitting, and lying every 20-30 minutes.



2 LIE WITH YOUR LEGS ELEVATED

This position can feel particularly calming if your back pain is severe and you cannot get comfortable, as it relieves some of the pressure on your spine. Lie on your bed with pillows under your legs, or on your floor with feet on a sofa or chair for upto 30 minutes. It may help to sleep with pillows under your knees too.

3 USE ICE AND HEAT

Alternating ice and heat, a process known as contrast therapy can be relieving for back pain, apply a hot water bottle for 2 minutes, then a cold pack and alternate 5 times, aim to do this at least twice per day.

4 EXERCISE

Some gentle exercise is beneficial for all kinds of back pain, try gentle movements like knee rolls (rolling your knees side to side when lying down), back stretching (sitting on a chair and leaning forwards to stretch your lower back), and moving into "cat cow" positions in kneeling to start to get some movement happening. Do this at least 3 times per day.

5 USE PAINKILLERS IF YOU NEED TO

In some cases pain relief is necessary, if your pain is stopping you from doing basic tasks day to day a short dose of medication can be helpful.

Talk to a doctor, nurse or pharmacist to find what's right for you.

6 MANAGE STRESS

Pain is stressful, when your back pain is stopping you doing what you need to its difficult. However stress can alter our breathing and heighten our nervous system making pain worse. Minimising other sources of stress whilst you recover is important for a quicker recovery.

**IF YOU NEED FURTHER ADVICE ON BACK PAIN
SPEAK TO A PHYSIO! VISIT MY WEBSITE
WWW.CLAIREGURNEYPILATES.COM**