



Five Tips to Manage Low Back Pain

1) LIKE YOUR MOM SAID - SIT UP STRAIGHT

Sitting usually aggravates low back pain. It puts an unbalanced load on your discs, joints and the soft tissues of your low back. If you have to sit for a prolonged period of time, make sure you are using a lumbar/low back support and it is making contact with your low back just above your belt line.



This will help maintain the normal lordosis or curve in your low back.

2) ONE WRONG LIFT COULD RUIN YOUR DAY

Practice Safe Lifting Habits - you've heard this tip before. Bend at your knees, not at your low back, keep things close to your stomach when carrying objects to decrease the torque on your back too.

3) PILLOWS, PILLOWS

Use Pillows for Positioning - when lying down in bed

on your side, make sure you put a pillow in between your knees to decrease rotation on your low back. When lying on your back, put a pillow under your necks so that they are bent. This puts the hamstrings on slack and lets the pelvis assume a position of comfort.

4) BED RESTS ISN'T THE BEST

Keep Bed Rest to a Minimum of Three Days - contrary to common sense, lying in bed for more than 3 days is likely to perpetuate your problem. Pain is not usually proportional to the problem. The best course of action is to get out of bed and to resume normal daily activities to the best of your ability. Chances are very good that your acute low back pain will resolve.

5) SEE A PHYSICAL THERAPIST FIRST

Most low back pain is "non-specific" in nature. In a vast majority of cases, x-rays and MRIs are of little or no help. Only your doctor and physical therapist can decide if imaging is appropriate. However, most will fit into a category of treatment that responds well to hands-on techniques.

Bottom line, if you hurt your back, try to see a physical therapist as fast as you can. Physical therapy treatment is all natural, affordable, effective, and has little to no side effects.

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