

Pt Sticker or, complete the following

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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DOB: \_\_\_\_\_ Ph: (h): \_\_\_\_\_

(m): \_\_\_\_\_

URN: \_\_\_\_\_ (w): \_\_\_\_\_

## Physiotherapy

# Acute Low Back Pain

Low back pain is very common with around 80-90% of adults having an episode of back pain in their lifetime. Most low back pain gets better quickly, often within a month.

Because there are numerous muscles, ligaments and joints in the lower back a specific diagnosis of a particular structure causing the pain is often difficult to make.

But as long as serious causes are excluded, the exact cause of the pain is not required to effectively treat your back

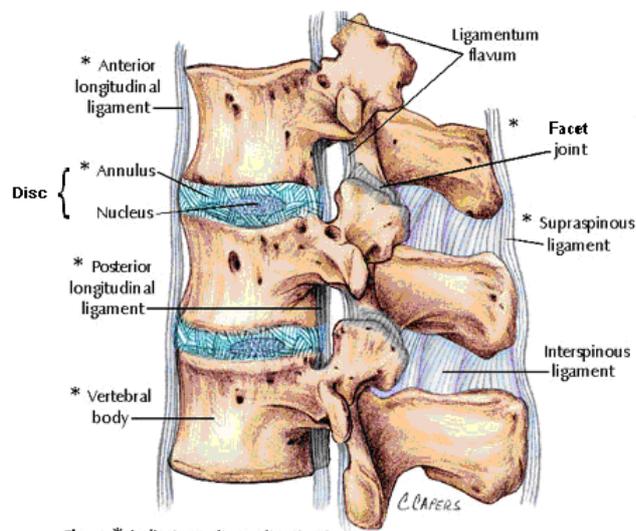


Fig. 1 \* indicates pain-sensing structures

## Low Back Pain Tips

IF YOU HAVE NUMBNESS IN THE GROIN OR ANAL AREA, CHANGES TO YOUR BLADDER OR BOWEL FUNCTION OR HAVE WEAKNESS IN YOUR LEGS, YOU MUST SEE A DOCTOR OR CONTACT THE NEAREST EMERGENCY DEPARTMENT URGENTLY

- Avoid bed rest
- Stay active and continue your usual activities as much as possible. Controlled movement will not cause harm and pain does not necessarily mean you are causing damage.
- Most back injuries result in painful muscle spasm. Slow gentle movements will alleviate spasm and reduce your pain.
- Take the medication that has been prescribed your Doctor. Reducing the pain will allow you to move more easily.
- Try to alternate between standing and sitting. When moving from lying to sitting, roll to your side and push up through side lying.
- Watch your posture; try not to slouch or slump. Place a support (eg. rolled towel) in the small of your back when driving or sitting at a desk.
- Be careful when lifting; make sure the load is not too heavy or too large/awkward and avoid twisting.
- You may be more comfortable sleeping on your side with the painful side on top. This is particularly true if you have referred pain into your leg. Place pillows between your legs and in front of your trunk to support your spine.



*If you require further physiotherapy either seek private options through the yellow pages or contact the Community Health Intake by phoning (02) 6207 9977.*



\*25110\* Advice or Information

Physiotherapy Department  
Canberra Hospital  
Level 1, Building 3  
PO Box 11, Woden, ACT, 2606  
Phone: (02) 6244 2154 Fax: (02) 6244 3692

# Home Exercise Program – Please complete the exercises indicated below:

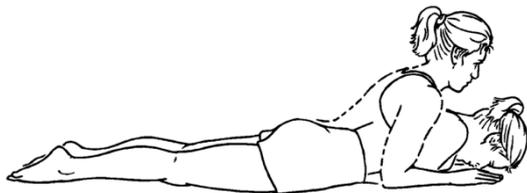
**Knee-to-Chest Stretch**



With hand behind your knee, as you breathe in, pull it toward your chest until a comfortable stretch is felt in the lower back and buttocks. Hold for one breath out and slowly return.

Repeat 10 times.  
Do 3-6 times a day.

**McKenzie Extensions - Prone**



Place your elbows under your body and as you breathe in, rise up as far as is comfortable. Hold for one breath out and slowly return.

Hold 7s.  
Repeat 5 times.  
Do 3-6 times a day.

**McKenzie Side Bends**      **LEFT / RIGHT**

With one hand (indicated above) against the wall, as you breathe in, slowly drop hips toward the wall. Hold for one breath out and slowly return.



Hold 7s.  
Repeat 5 times.  
Do 3-6 times a day.

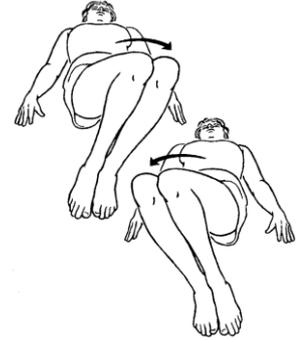
**Gluteal Stretch**      **LEFT / RIGHT**



Cross legs with one leg (indicated above) on top. Gently pull other knee toward chest until a stretch is felt in the buttock/hip of the top leg. Hold 10-30 seconds, repeat 2-4 times. Do 3-6 times a day.

**Lumbar Rotation**

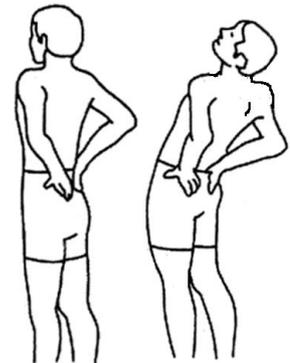
Feet on floor, slowly rock from side to side in small, pain free range of motion. Co-ordinate the movements with your breath.



Hold 7s.  
Repeat 5 times.  
Do 3-6 times a day.

**McKenzie Extensions - Standing**

Place your hands on the small of your back. As you breathe in, gently lean back. Hold for one breath out and slowly return.



Hold 7s.  
Repeat 5 times.  
Do 3-6 times a day.

**Side Stretch**      **LEFT / RIGHT**

As you breathe out, reach over your head with one arm (indicated above) until a stretch is felt.



Hold 7s.  
Repeat 5 times.  
Do 3-6 times a day.

**Transverse Abdominus**



Lie with knees bent, feet flat. Place fingers in abdominal muscles just inside your pelvis. Contract your pelvic floor muscles and draw your low abdomen into toward your spine. Hold 5-10 seconds, repeat 5-10 times. Do 3-6 times a day.

**Physiotherapist** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_/\_\_\_/\_\_\_  
(Name & Designation)

