

Living with Lower Back Pain?

Living with lower back pain can be exhausting! Often your joints and your muscles will tighten up to try and protect you from pain, but this can often make you feel more tight and sore. Your back pain can be improved by following these simple steps.

1. Sit up tall

Try not to sit for longer than 30-45 minutes at a time. After this time, your back muscles get tired and you'll find yourself slouching. This puts extra strain through your joints and muscles. Try to sit up nice and straight and to catch yourself before you slouch. Set a timer on your computer to remind you to stand up and move around.

2. Stretch out your muscles

Try to keep the joints and muscles in your back nice and loose by stretching them out during the day. At your 30-45 minute break, stand up and bend backwards 10 times before sitting back down. Or go for a short walk around the office.

3. Motion is lotion!

Try and go for a 20minute walk, 5 days a week to keep your joints lubricated and mobile. Maybe get off the bus 2 stops early, or a simple walk around the block at lunch will do.

4. Use heat

Apply a heat bag/patch to your lower back to warm deep into your muscles and draw blood and oxygen to the area. This aims to help them to relax – 20 minutes every night before bed should do the trick! (Take care to not burn your skin)

If you do not notice an improvement in the next two days, follow up with your Physiotherapist who is trained in relieving lower back pain!