

Back to Fitness

- ⇒ Avoid being overweight.
- ⇒ Keeping fit is very important. Swimming is the best form of exercise.
- ⇒ Learn to relax. Pain causes tension which increases pain. Relaxation reduces tension and therefore reduces pain.
- ⇒ Exercise: it is important to continue your exercises as these strengthen your back and abdominal muscles and keep your spine from getting stiff.

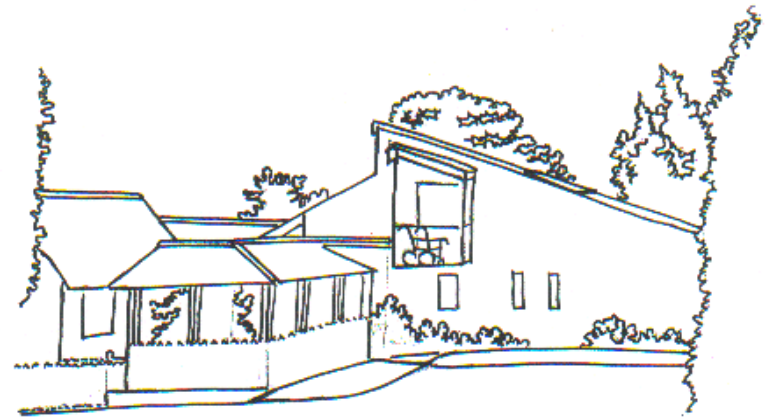


Laurel Bank Surgery
Malpas
Cheshire SY14 8PS



Phone: 01948 860205
Fax: 01948 860142

**AFTER-CARE ADVICE ON
BACKACHE & BACK INJURY**
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS



Tel: 01948 860205

Fax: 01948 860142



Backache & Injury

If you have strained or injured your back, follow these simple guidelines to help prevent a recurrence of your problems.

Lift correctly, place one foot in front of the other.

Keep your back straight, bend hips and knees, keep arms and object close to body. Lift by straightening legs.

Stand correctly, good posture is important to prevent back strain. Stand erect, tuck in bottom and abdomen.

Work at correct height, avoid stooped. Work surfaces should be level with hip when standing.

Sleep on a bed with a firm base.

Get out of bed by rolling onto side, bend knees, then swing both legs together over edge of bed and push up on your elbow.

Sit correctly, back and thighs should be well supported.



Know Your Back

The bones of the spine in the neck, upper and lower back are called vertebrae. These bones protect the spinal cord. Between each vertebra is a pad which acts as a shock absorber. This pad or disc has an interior made of a stiff jelly-like substance and a tough exterior.

There are many causes of back pain, e.g.

- ⇒ Poor posture
- ⇒ Strained muscles and ligaments
- ⇒ Wear of joints

Damage to discs may cause pressure on a nerve root and this may produce pain and tingling in the legs.

