



LOW BACK PAIN ADVICE SHEET



WHAT IS LOW BACK PAIN – POSTURAL OVERLOAD?

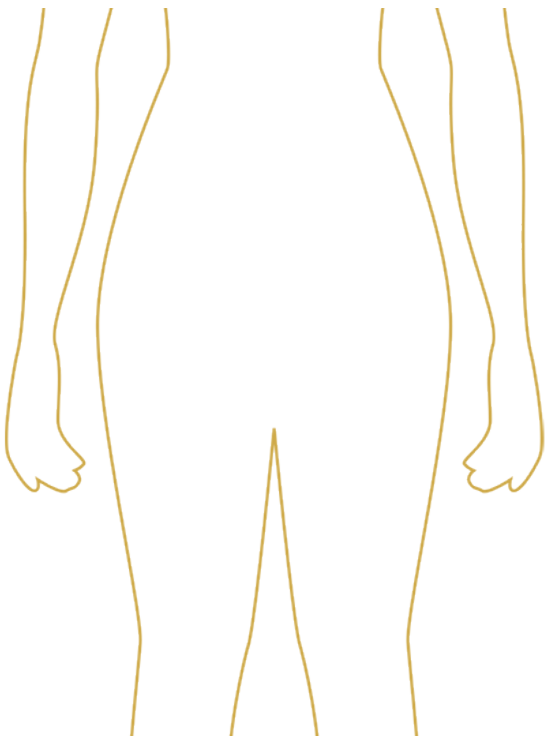
The lumbar spine is where the base of your spine meets the pelvis. This is a very common area for pain to arise from poor posture, sitting for too long or carrying heavy items or repetitive twisting. The stabilising muscles surrounding the area are not able to cope with the demands of your workload, leading to pain.

SIGNS AND SYMPTOMS

- Pain with movements eg, picking items off ground, rolling in bed, getting up out of a chair.
- Increased pain with prolonged sitting/standing.
- Dull ache with sharp pain surrounding the low back with some referral into the buttocks.

HOW PHYSIO CAN HELP YOU?

Due to the convenience of working from home and a more sedentary lifestyle, the lumbar region over time can become quite stiff and tight due to lifestyle choices. Your physio is able to help by initially promoting movement with joint mobilisation, and rehabilitation exercises to improve your flexibility and core strength.



- ✓ Heat for 20mins as needed.
 - ✓ Voltaren/ deep heat gel rub.
 - ✓ Get up, stay mobile and avoid prolonged positions.
 - ✗ Aggressively stretch and trying to force movement.
 - ✗ Sit for >30mins in one position.
- Aggravating activities

Do's

Don'ts

Consult your physio for a personalised program to fit you



Fine Form
PHYSIOTHERAPY

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