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## Acute Low Back Pain?

What do you do? How do you get better faster? Below are some tips to a quicker recovery.



Knowing what to do and what not to do after straining your low back is critical in recovering. Here are some tips to help you for the first few days:

- 1) Take an over-the-counter anti-inflammatory. Ibuprofen is best. Usually 3 to 4 tablets are needed in an effort to minimize swelling. Use the same dose every 6 waking hours with food and plenty of water. Any upset stomach? Stop immediately! Do not exceed two weeks using this protocol. Ask your MD or pharmacist if you have questions or are on other medications.
- 2) Use ice for 30 minutes. You can repeat as often as every two hours for the first four days. Later on you can use 30 minutes each of ice, then heat, then ice to speed healing.
- 3) Lie down flat on your back with legs draped on a chair or bed letting your hips and knees bend and your back relaxed. Breathe. Stay for 30 minutes and repeat two or three times a day.

- 4) Sitting is your last choice! Avoid it! If necessary to sit, use good posture and no longer than 30 minutes before arising for several minutes.
- 5) Avoid the temptation to stretch your tight low back muscles until advised by your doctor. Too early may slow your progress.
- 6) Do not use heat! It is tempting isn't it? It feels good. But, not a good idea when things are inflamed.



7) Call us if you have a question! We can give good advice to keep you on track.

8) Keep your appointments! There is no quick fix!

As you get better our recommendations will change. We will suggest exercises to gradually strengthen your back and return control to the motion of your back.