

Backache – Back Pain

What is it?

- **Backache or Back Pain**- often caused by an injury to the muscles and tendons of the lower back causing soreness and muscle spasms
- **Common**- in sports that require pushing and pulling against great resistance, sudden twisting of the back, swinging a bat or golf club



Signs and Symptoms:

- **Lower Back Injury**- sudden pain with twisting, pushing or pulling, the torn muscle continues to bleed and swell and 2-3 hours later goes into spasm with severe pain

Recommendations:

- **Rest**- apply ice and compression to the hurt area
- **Strengthening**- rowing machine, strengthening the abdominal muscles to shorten them and stretching the thigh muscles to lengthen them, wearing a weight lifting brace/band, forcibly extending the spine can worsen many back conditions, stop immediately if there is pain from any exercise

Facts:

- **Force**- can tear the tendons and muscles of the lower back/lumbar region,
- **Risk Factors**- exaggerated curve of the lower spine, inflexible or weak back muscles, weak abdominal muscles, tight and inflexible hamstrings, weakened by arthritis, misaligned vertebrae, ruptured or slipped discs, spinal bone tumor
- **Preventing Back Injuries**-
 - Exercises- Pelvic Tilt, Abdominal Curls, Hip Stretch, Quadriceps Stretch, Toe Touches, Leg Lifts with Arched Back, Swan to increase the back's flexibility



What can I do?

- **See your Health Care Provider**- before doing any exercises, ask about a Physical Therapist for strengthening muscles
- **See a Registered Dietitian**- for help as needed if overweight