Backache - Back Pain

What is it?

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



Signs and Symptoms:

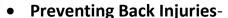
• <u>Lower Back Injury</u>- sudden pain with twisting, pushing or pulling, the torn muscle continues to bleed and swell and 2-3 hours later goes into spasm with severe pain

Recommendations:

- Rest- apply ice and compression to the hurt area
- <u>Strengthening</u>- 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 tears the tendons and muscles of the lower back/lumbar region,
- <u>Risk Factors</u>- 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



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?

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

