Sprain-Back

What is it?

• **Sprain-Back**— is usually caused by strained back muscles, also called pulled back muscles; most common cause of low back pain; torn or overstretched muscle, when a muscle contraction is held too long, a ligament injury

Symptoms:

• **Symptoms**- inflammation, pain, muscle spasms, may be mild or severe, fatigue, strain, sudden movements, car accident, swelling with little or no bruising

Facts:

- Caused by- the overuse of a muscle, overloading a muscle, stressed beyond
 its limit, lifting something too heavy, poor posture, falling down,
 unexpected twisting of the back, repetitive movements, increasing back
 exercises too quickly
 - Weak Muscles- more easily overloaded and injured than strong muscles
- Prevention- proper lifting techniques, posture
- Healing Time- depends on the severity of the sprain; takes about 6 to 8
 weeks to heal but depend on the severity
- Resolves- usually without any treatment within 2 weeks to 2 months

What can I do?

- See your Health Care Provider- for more information
 - Treatment- anti inflammatory medications, applying heat and cold, DO NOT APPLY ICE DIRECTLY TO THE SKIN; cold helps to reduce the skin and do for 15 to 20 minutes every 3 to 4 hours for 2 to 3 days; after 5 days apply heat for 15 to 20 minutes with the heat increasing the blood flow and also helps to relax tight back muscles; hydrotherapy, Icy Hot Pads or Biofreeze; talk with a Physical Therapist about exercise after talking with your health care professional
 - Circulation Problems or Nerve Damage- do not apply heat or cold unless recommended by your health care professional