

# Sprain- Lumbar

## What is it?

- **Lumbar Sprain**– and muscle sprain are the most common causes of lower back pain; when muscle fibers are abnormally torn or stretched; when ligaments are torn from their attachment; injuries to muscle or ligaments;
  - **Ligaments**- tough bands of tissue that holds bones together
  - **Lumbar**- lower back

## Symptoms:

- **Symptoms**- severe and constant pain, progressive lower extremity weakness, loss of bowel and bladder control; pain around the low back and upper buttocks, pain associated with activities but usually relieved by rest, low back muscle spasm; inflammation; stiffness in the low back area, inability to maintain normal posture due to pain and stiffness;



## Recommendations:

- **Regular**- strengthening exercise, learn proper lifting techniques

## Facts:

- **Caused by**- lifting a heavy object, twisting the back, sudden forceful movement, poor conditioning, obesity, smoking, improper lifting techniques; excessive physical demand on the back; car crash, sudden fall, sports injury,
- **Other Causes**- ruptured disc, sciatica, fracture, disc disorder, tumor, sprain or strain
- **Higher Risk**- athletes as football players and gymnasts; industrial workers, obesity, deformities as scoliosis, spondylolysis, those with previous back surgery or back injury

## What can I do?

- **See your Health Care Provider**- for more information
  - **Treatment**- anti-inflammatory medications, low back exercises, epidural steroid injections, x-ray to produce a picture of a part
- **See a Registered Dietitian**- for help as needed to decrease weight if obese

