



resync PHYSIOTHERAPY
SPORTS INJURY CLINIC

LOW BACK PAIN

5 Simple tips to follow to get
you back on track



www.resyncphysiotherapy.ie

MEET YOUR THERAPIST

Hi, Hazel here, Chartered Physiotherapist and pilates instructor at Resync Physiotherapy.

At our clinic here in Stepside we help to transform the lives of people who are suffering with low back pain. Here at Resync, we understand that no two people are the same. As with all injuries everyone will have a very different experience depending on factors such as their diagnosis, medical history and general wellbeing.

The information in this ebook is to provide a guide with tips and advice that you can try. Low back pain is a common injury we see in the clinic on a daily basis and these are some of the tips and tricks that help our patients reduce their pain and regain their quality of life. If you would like a comprehensive and individualised assessment and treatment plan, call into us at the clinic and we can work together to help you get back in sync and reach your goals

Hazel O. Donovan

Physiotherapist



Low Back Pain

Most of us will suffer with the dreaded 'back pain' at some stage in our lives. Low Back Pain affects up to 85% of the population and nearly 50% of people will have at least one recurrent episode. Back pain most commonly occurs as a result of frequent heavy lifting or weakness in the muscles that support the low back, like the glutes and abdominals. A sedentary lifestyle can result in weakening of these supportive muscles and reduced mobility in the lumbar spine. This causes pain and tension to develop which can become worse over time if not treated.

Low back pain often presents as pain when sitting or standing for a long time, pain when bending forward or lifting, a feeling of stiffness and reduced movement and a short term relief from stretching.



Risk Factors

Back pain is common in both the general population and among sports people. Things that can increase your risk of developing back pain include:

- Ageing
- Poor Physical Fitness
- Obesity
- Sedentary Lifestyle
- Smoking
- Stress



Causes

Muscle or Ligament Strain

- Repeated heavy lifting or sudden awkward movements can strain muscles and ligaments in and around the back. If you're in poor physical condition, constant strain on your back can cause painful muscle spasms. Symptoms are usually worse at evening time when the muscles are more tired.

Disk Bulging

- The disks between our vertebrae can become under pressure which can cause the material inside the disk to move out of place or tear resulting in localised low back pain and sometimes referred pain into the buttock and lower leg.

If a disk presses against a main nerve it can cause a sharp shooting pain down the buttock and the back of the leg this is called sciatica

Arthritis

- Osteoarthritis, Rheumatoid Arthritis and Spondylitis can all contribute to low back pain. Symptoms are usually slow to develop and are usually more common in the morning time or after long periods in a sustained position such as sitting or standing.

Skeletal Irregularities

- If your spine curves in an abnormal way either sideways (scoliosis) or forwards (lordosis) it can put extra strain on certain areas of your back resulting in excess pressure and pain

Posture

- The position you are in sleeping, sitting at your work desk or in the car when driving can all contribute to extra pressure on the low back and result in pain.

5 Simple Steps

to Get Back from your Low Back Injury

1

Manage Pain

2

Get Moving

3

Improve Posture

4

Strengthen

5

Manage Pain

1 - Manage Pain

If you are suffering with very acute low back pain you will more than likely need to take anti-inflammatories. Ice/ heat can also help with your pain as advised by your physiotherapist. Listen to your body if a certain movement or sustained posture doesn't feel good, don't do it!

2 - Get Moving

Although it may feel like resting in bed will ease your pain, research shows that bed rest promotes muscle wastage which can further reinforce your low back pain. Once you are past the 48 hr acute phase ensure you go for small walks throughout the day to get your back moving and muscles working.

3 - Improve Posture

Certain postures or awkward positions can encourage low back pain. When sitting try to avoid slouching or having the knees above the hip level. Using a cushion on your car seat can help improve this or change the height of your chair when you are sitting at your work desk.

Sometimes when we are in pain we can be fearful of movement or even avoid certain movements (e.g. picking something up off the ground) it is important to trust your body and keep moving in as natural a way as possible



4 - Strengthen to prevent it recurring

The common misconception is that once you feel a little better, to think that everything is fixed. Just because the pain is reduced or no longer there, it doesn't mean you have solved the underlying cause of the pain. Pain is the last symptom to arrive and the first symptom to leave. This means it is important to keep up the exercises our physiotherapists give you. Due to the pain leaving first, you will feel pain free before the health of the muscles or ligaments of your lower leg have fully healed.

5 - Visit your physiotherapist

Here at Resync, we know that treatment isn't a one size fits all. We will ensure that an individualised rehabilitation program is carried out to strengthen the area so that the condition does not return. We will also ensure all contributing factors are addressed and effective hands on treatments are carried out.

5 EASY EXERCISES FOR LOW BACK PAIN



1 - Glute Stretch

Lying on a mat or carpet bring your knee across towards your opposite shoulder until you feel a stretch in your glute muscle. Hold that stretch for 20 seconds and repeat 8 times.



2 - Knee to Chest

Lying on your back bring both knees towards your chest and hold for 5 seconds repeating 6 times



3 - Glute Bridge

Start by lying on your back with the knees bent and feet planted on the ground. Squeeze your glutes and core to lift your hips up, trying to make a straight line from the shoulders to the knees.



4 - Forward Reach & Breathe

Breathe in through the nose and reach the fingers down towards the toes as much as you are able without discomfort. Breathe in, in that position and while breathing out through the mouth try to reach a little further.



5 - Imprint & Release

Lie on your mat with the knees bent and feet planted on the floor. Rock your pelvis forward creating an arch with the low back and bringing the front hip bones towards your toes. Then Rock your pelvis backward by contracting your core and imprinting your spine. Maintain this position engaging your core muscles. Return to neutral

Frequently Asked Questions

1. Health Insurance

a. All of our therapists are registered with Health Insurance Providers in Ireland. But check with your provider to ensure physiotherapy is part of your plan. If it's not, ask to see if you can add it on, as it might not be much more expensive and will save you money in the long run.

2. Payment

a. Our clinics accept cash and card. You can also pay for your physiotherapy appointment when you book online via this link.

3. What do I need for physio session

a. Please bring any reports or scans you have had and wear loose fitting clothes so our therapist can assess your movement.

4. I think I need an X Ray

a. Our therapists are experts in advising the best course of action for your injury. If you are unsure, please phone our clinic or book a FREE DISCOVERY SESSION and one of our therapists will be able to assess if you need to come to our clinic or get an x-ray.

5. What other services do we provide

a. All of our therapists have Strength and Conditioning Qualification and are well versed in performance assessment of athletes. While our main focus is advanced rehabilitation strategies, we have a robust program designed specifically for Athletic Performance. Our clinic has invested heavily in equipment to test athletic power to give us a more accurate picture of an athlete's ability and where they need to improve.

- Mobility Screening
- Athletic Performance Testing
- Golf Mobility
- Youth Player Development
- Second Opinion Service for complex injuries
- Strength and Conditioning Programming
- Women's Health
- Pilates 1:1

6. I'm not an athlete. Can I still come for physio?

Yes of course. Our clinic caters for all members of the public. Our focus is on you and we have struck a nice balance of clients from weekend warriors to international athletes.

Want to work with us and get back on the pitch stronger and faster?

[CLICK HERE TO BOOK ONLINE](#)

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