

Self-Care for Back Problems



Stay active

Although moving may feel a bit sore at first, activities such as swimming, walking, yoga and pilates can help to strengthen your back muscles, relieve pain, and increase flexibility. All of which speed your recovery.



Don't stay in bed

It is natural to think that rest will improve your pain. However, bed rest delays your recovery and makes it harder to return to your normal life

Get back into your routine



Pain isn't always a sign of damage so start to move slowly and try to do more each day.



Pain Relief

Consider over the counter pain medication to help you stay active. Apply heat and ice to affected area



Don't Wait

Try to keep to your normal schedule including work. Make sure to take regular breaks and avoid repetitive or awkward motions.

Take Care

Practice good posture.
Take stretch breaks.
Avoid heavy lifting.



Positive Attitude

Most back pain will resolve in six weeks. Setting achievable goals for your recovery and pacing your return to usual activities can help your confidence in getting better.



Mindfulness

When you're mindful, you carefully observe your thoughts and feelings without judging them good or bad. This helps manage your pain.



Prevention

Limit early morning bending.
Stay active.
Make good lifting, posture, and movement decisions.

