

Acute Low Back Pain

Over 80% of people experience low back pain at some point. The most common causes are muscle strain and ruptured disk. Often the cause is not obvious. The good news is 9 out of 10 cases get better without complicated treatment.

Tips

- Apply heat and do gentle stretches.
- Maintain normal activity as much as possible.

How to Lie Down

Incorrect:

Lying flat on back makes swayback worse



Use of high pillow strains neck, arms, shoulders.



Sleeping face down exaggerates swayback, strains neck and shoulders.



Correct:

Lying on side with knees bent effectively flattens the back. Flat pillow may be used to support neck, especially when shoulders are broad.



Sleeping on back is restful and correct when knees are properly supported.



Elevate the feet eight inches to discourage sleeping on the abdomen.



How to Sit Correctly



Warning Signs

Call your doctor if present:

- Fever
- Weight loss
- Pain is as bad at rest or at night as during the day

Rest Position



How to Rest Your Back

Incorrect:



Correct:

