# **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

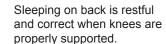
#### Correct:

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





Use of high pillow strains neck, arms, shoulders.







Sleeping face down exaggerates swayback, strains neck and shoulders.

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





# **How to Sit Correctly**







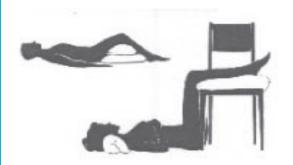


# **Warning Signs**

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:















