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TO PREVENT RE-INJURY OF BACK STRAIN: What Should You Do?

AS YOU RETURN TO FULL ACTIVITY AND YOUR PAIN IS MINIMAL, THE GOAL IS TO PREVENT RE-INJURY:

- Continue to keep moving and doing as much as tolerated and comfortable. A little bit of discomfort may still be present, but you are overall doing great. Continue to walk 30-60 min a day, and increase your walking pace. Your goal is to walk 10,000 to 15,000 steps per day.

Perform core stabilization 3-5 times a week. Some suggestions are:

DEAD BUG

Lift to 90 / 90 hold. Then, touch opposite hand to knee, and allow other leg to gently push out a bit. Then switch sides. Do this for 30-60 seconds three times. Keep back in neutral position. It should not flatten, nor arch.

BIRD DOG

Keeping your lumbar spine neutral, raise up your arm and opposite leg. Pretend you are balancing a book on your back as you do this. Hold for 3-5 seconds and then switch sides. Do 10-15 daily.

FUNCTIONAL SQUAT

Keep your quads and glute muscles strong by performing 1-3 minutes of functional squats per day. Pretend you're sitting down on a low chair. Only bend your knees as far as you are comfortable.

You may continue the stretches from the first handout.

Begin to look at your Body Mechanics, or how you move with functional activities:

- When lifting, always have your toes pointing towards the object you lift.
- Use knee bend when lifting items.
- Keep objects you lift close to your body.
- Begin lifting 5-10 pounds, increase as tolerated; avoid lifting more than 25 pounds without help