Torrance Memorial | An Affiliate of Cedars Sinai

YOU STRAINED YOUR LOW BACK: What Should You Do?

AS SOON AS YOU FEEL ANY STRAIN:

- Use heat or a cold pack for the painful area for 15-20 min at a time. You can alternate, but end with a cold pack.
- Keep moving and doing as much as tolerated and comfortable. A little bit of discomfort that is tolerable is to be expected, and okay.
- When you sitting, make sure your bottom is all the way back to the back of the chair to utilize the lumbar support. Take standing breaks every hour.
- Walk for exercise as tolerated. Start with 3 to 5 minutes twice daily, and if it reduces your pain, continue to add 5 minutes to this every day until you are able to walk 30-45 minutes at a time without increased pain.

You can consider starting with these stretches, if comfortable:

SKTC (SINGLE KNEE TO CHEST)

Lie on your bed or floor, knees bent. Gently pull one knee towards chest. Hold for 30 seconds. Repeat on other side.

HAMSTRING STRETCH SUPINE

Lie on your back with a strap on your foot. Keep knee straight. Gently pull until you feel a light stretch. Hold for 30 seconds, repeat on each leg twice.

ABDOMINAL ISOMETRIC BRACING

Lie on your back, knees bent. Tighten your tummy muscles gently but don't allow your spine to flatten or arch. Keep neutral position.