

MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

MANAGING BACK PAIN-LEVEL 3



Early intervention for back pain could save you a lot of pain and financial cost. Mead Street Physio offers Spinal Manipulative Physiotherapy which involves advanced training in the diagnosis and management of acute and chronic back pain.

Manipulative Physiotherapists are considered world leaders in treating spinal pain.

PAIN RELIEF

It is very important that your acute back pain is managed aggressively with pain-easing modalities. This includes manual therapy, specific exercises, heat, analgesia and anti-inflammatories. Once the pain has subsided, strengthening and conditioning programs are implemented. Your physio will guide you through this process

TOP FIVE TIPS

1. Reduce your sitting and bending activities.
2. Use support to reduce strain on your back e.g. standing against a wall, placing a pillow in the small of your back, using pillows between your knees when you sleep.
3. Combine your medication with heat followed by exercise to achieve movement without pain.
4. Stabilise yourself before moving, especially when twisting, as this reduces the sudden sharp pain associated with tissue damage.
5. Report a sudden worsening of your symptoms, especially leg symptoms or changes to your bowel or bladder function.

Sitting...

It is best to avoid sitting for long periods as this can increase compressive forces through your back. Sit with a lumbar support and remember to move by rolling your hips at regular intervals.

Standing...Sometimes standing with a pelvic tuck helps to relieve pain associated with prolonged standing. Place one foot on a stool to help support your back or alternatively position your knees bent.

Bending...

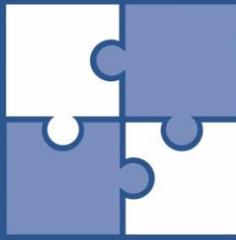
Remember to maintain the natural arch in your back when bending. Use your Knee and stabilise your stomach to stiffen your spine before moving.

Walking...

It is generally better than sitting or standing still. Try to tuck your pelvis in to stabilise your spine and shorten your steps.

(08) 9293 1800 ■ www.meadphysiogroup.com.au

■ Kalamunda: 1/13 Mead St ■ Forrestfield: 3/76 Hale Rd ■ High Wycombe: 486 Kalamunda Rd



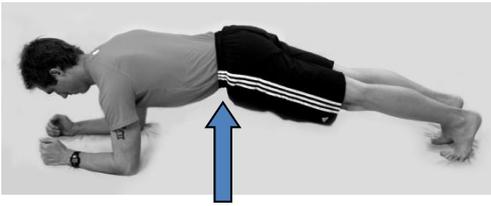
MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

Prone Bridge

While in a prone position supported through your forearms and toes, raise your hips up towards the roof such that your back is just above the horizontal. Lower your pelvis to the floor and repeat.

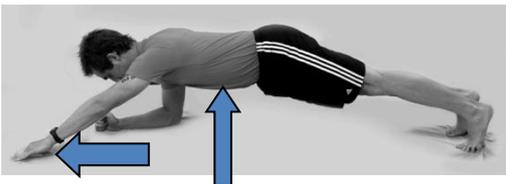


Prone Bridge Commando

In the above position, crab crawl sideways 5 metres and return.

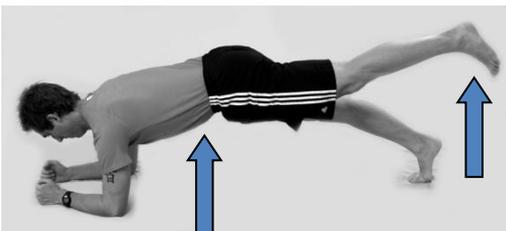
Elbow Bridge with Alternating Finger Touches

While in the prone bridge position, reach forwards with one arm to touch the floor in front of your head with your fingers. Return to the resting bridge position and repeat with the opposite arm.



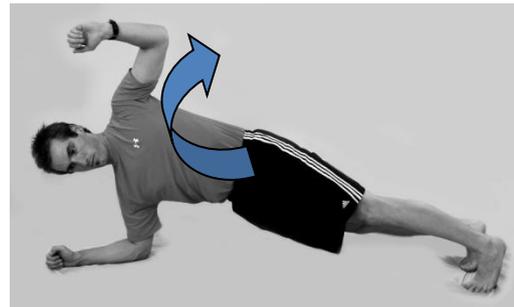
Prone Bridge with Hip Extension

While in the prone bridge position, extend one hip up off the floor such that your thigh of that leg approximates the horizontal position. Lower the leg and repeat with the opposite leg.



Prone Bridge with Backwards Rotations

While in the prone bridge position, rotate your spine backwards by lifting one arm up off the floor such that your elbow points towards the roof.



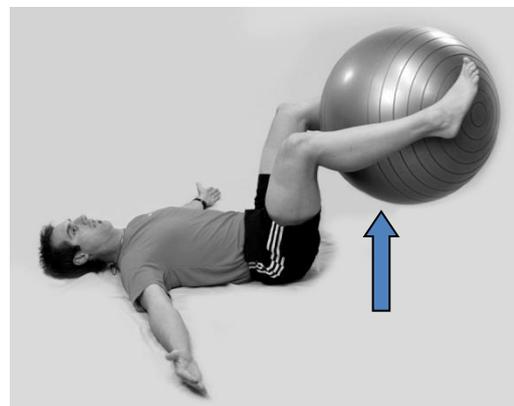
Prone Bridge with Forward Rotation

In the prone bridge position, swing one arm across and underneath your body, touching the fingers to the floor.



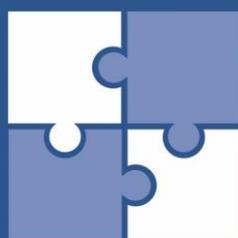
Fit Ball Lift

While lying on your back, grip a Fit Ball between your feet. While stabilising your spine, lift the ball up off the floor maintaining a knee bent position. Lower slowly and repeat.



(08) 9293 1800 ■ www.meadphysiogroup.com.au

■ Kalamunda: 1/13 Mead St ■ Forrestfield: 3/76 Hale Rd ■ High Wycombe: 486 Kalamunda Rd



MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

Leg Rotations With Fit Ball

Lie on your back and grip a Fit Ball between your feet. Lift the ball up with your feet and position your legs as closely aligned to the vertical as possible. Roll your legs side to side.



Fit Ball Bridge

While lying on your back, feet positioned on a Fit Ball, curl your hips and lower back up off the floor into a bridge position. Roll your hips back down onto the floor and repeat.



Bridge with Scissors

Position yourself into the *Fit Ball Bridge* position. In this position, lift one straight leg up off the ball and return to the top of the ball. Maintain the bridge and repeat with the other leg.



Fit Ball Bridge with Knee Bends

Place the sole of your feet up on a Fit Ball. Roll your hips and lower back up into the *Fit Ball Bridge* position. While maintaining the bridge position, roll the ball towards you and away by bending and straightening your knees.

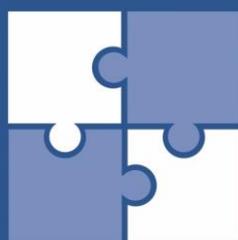


Marching in Supine

Roll your back onto a Fit Ball such that your head and neck are supported by the ball, your spine is horizontal, and knees are bent. Slowly lift one foot just off the floor and return. Repeat with the other leg.

(08) 9293 1800 ■ www.meadphysiogroup.com.au

■ Kalamunda: 1/13 Mead St ■ Forrestfield: 3/76 Hale Rd ■ High Wycombe: 486 Kalamunda Rd



MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

Prone Walk Out

While prone over a Fit Ball, walk yourself out with your hands until your feet are supported on top of the ball. Maintain a stable spine.



Prone Walk Out with Pelvic Rolls

Position yourself into the *Prone Walk Out* position. While holding this position, roll your pelvis forwards and backwards, creating an arch and flattening of your back, respectively.



Fit Ball Prone Push Up

From the *Prone Walk Out* position, bend and straighten your elbows while maintaining a straight spine.



Reverse Crunches

From the *Prone Walk Out* position, roll the ball towards your hands by tucking your knees up towards your chest. Return to the start position and repeat.



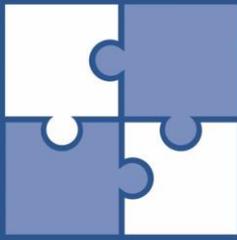
Pike Position on Fit Ball

Position yourself into the *Prone Walk Out* position. Position your toes on the top of the ball. Roll the ball towards your hands while elevating your hips up towards the roof, knees straight. Try to position your spine in a vertical alignment. Return to the start position and repeat.



(08) 9293 1800 ■ www.meadphysiogroup.com.au

■ Kalamunda: 1/13 Mead St ■ Forrestfield: 3/76 Hale Rd ■ High Wycombe: 486 Kalamunda Rd



MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

Prone Fit Ball Extension

Roll prone onto a Fit Ball with your pelvis supported on top of the ball and feet positioned for balance on the floor. Place your hands behind your head. From a relaxed curled position over the ball, extend your spine up to a horizontal position and return.



Hip Hitches

Stand on one leg with the knee straight. Lower and raise your pelvis while maintaining your leg and spine still.

Superman

Place yourself into the *Prone Fit Ball Extension* position. From a relaxed curled position over the ball, extend your spine and arms up to a horizontal position and return.



Gluteal Releases

Position your hip on top of a foam roller with the hip and knee bent into a figure 4 position. Using your hands and opposite foot, roll your hip forwards and backwards over the foam roller.



(08) 9293 1800 ■ www.meadphysiogroup.com.au

■ Kalamunda: 1/13 Mead St ■ Forrestfield: 3/76 Hale Rd ■ High Wycombe: 486 Kalamunda Rd