

Lower Back Pain

Physiotherapy management

Lower back pain is a common problem whereby the attention of a physiotherapist may be required to manage your condition. With proper pain management strategies, understanding the importance of good posture habits and learning suitable exercises as advised by your physiotherapist, your condition may improve over time.

Tips for managing back pain

1. Moderate activity:

Pace yourself while performing daily activities such as household chores or working at a desk. Gradually increase the duration or intensity of such activities each day. Moderation is key and you should avoid over-exerting yourself or adopting a sedentary position such as complete bed rest.

2. Pain management:

- Apply either a hot or cold pack for 10-15 minutes over the area of pain. Do not place the hot or cold pack directly on to your skin. Ensure that you wrap the hot or cold pack with towels to prevent skin burns. Do not apply a cold pack immediately after a hot pack, and vice versa.
- You may take the painkillers prescribed by your doctor when necessary.

3. Movement and exercise:

Exercise helps to alleviate lower back pain. It is recommended that you start with simple aerobic exercise to improve movement and function. For example, walking or aqua aerobics.

4. Follow up:

It is recommended that you follow up with your healthcare provider for a review and evaluation on your progress and exercise regime.

5. Take note:

If you experience any of the following symptoms, please see your general practitioner or the Emergency Department in the hospital:

- Loss of sensation to your lower limbs
- Sudden weakness of your legs
- Unsteady walking and worsening balance

Exercises

The following exercises may help to relieve back pain and tightness in your muscles. You may scan the QR Code below to see a video demonstration of exercises 1 to 4 listed below.





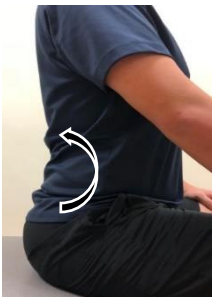
Exercise 1: Knee Hug

- Lie on your back with both legs bent.
- Bring your right leg towards your chest. Keep your lower back pressed to the floor. Hold for 5 seconds and relax.
- Repeat with the other leg.
- Complete 10 repetitions, 3 times a day.



Exercise 2: Knee Rock

- Lie on your back with your knees bent, keeping your legs together.
- Slowly roll your knees to one side while keeping your shoulders flat.
- Repeat with the other side.
- Complete 10 repetitions, 3 times a day.



Exercise 3: Pelvic Tilts

- Sit on a chair with your feet flat on the ground.
- Lift your tailbone from the chair by gently arching your lower back.
- Ensure that your shoulders and upper back remain still.
- Relax and sit back.
- Complete 10 repetitions, 3 times a day.



Exercise 4: Piriformis Stretch

- Lie on your back with your knees bent.
- Place one ankle over the other knee.
- Hold for 30 seconds and then relax.
- Return to starting position. Repeat with the other leg.
- Complete 5 repetitions, 3 times a day.



Exercise 5: Cobra Stretch

- Lie on your front with your hands at the side of your head.
- Inhale and lift your head slowly from the bed, followed by your chest, while keeping your elbows propped on the bed. Continue to perform this movement if it relieves your pain.
- If your pain is relatively low, gently lift your stomach from the bed and straighten your arms as much as you can without straining your back.
- Keep your shoulders relaxed.
- Complete 10 repetitions, 3 times a day.

Ng Teng Fong General Hospital

1 Jurong East Street 21, Singapore 609606

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.ntfgh.com.sg

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