

Acute Low Back Pain Recovery.

Steps to help recovery of acute low back pain:

Gentle massage of the painful area.

- With your fists, you can stroke from the base of the spine up as far as you can reach, probably to the lower middle back, and also across the hips.
- Interlace your fingers and massage the lower back by moving the backs of the fingers across it in a rotating motion.
- Pound lightly with fists on lower back, hips, buttocks and thighs, relieving tension in the strong muscles there

Exercise.



Rotation Low Back (Acute Back).

1. Lie on back with your legs bent together and feet flat on the floor. Arms are out to the side 90° from body.
2. Visualise any tension in the low back and breathe into relaxing that part.
3. Stabilise pelvis into neutral.
4. Slowly drop the knees to the right while the head looks towards the opposite side.
5. Repeat the same but to the other side working about 10 times each side

Note: Place a hot towel under back to increase circulation.

Reduce inflammation.

- Sit in a hot tub with ice against your lower back (combines relaxation with reducing local inflammation)
- Course of anti-inflammatory medication. Preferably ones that are made from natural plant extracts and do not harm the stomach.

Diet:

- Drink plenty of water
- Avoid stimulants such as tea, coffee, cigarettes and caffeine drinks as these can enhance the pain receptors _

Relaxation:

- Lie on your back, knees bent with feet flat on the floor with a pillow under your head and knees.
- Start to breathe deeply in a slow and steady rhythm.
- Focus the mind on relaxing areas of tension and allow the floor to provide the support. *Let the areas of tension and discomfort go.*