
MORE EXERCISES FOR BACK PAIN

Relax with your arms above your head and knees bent. Tighten the muscles of your lower abdomen and buttocks at the same time so as to flatten your back against the mat. Hold the position for the count of 10, relax and repeat the exercise.



Sit on a hard chair with arms folded loosely in front of you. Let your body drop until your head is down between your knees. Pull your body back up into a sitting position while tightening your abdomen muscles. Relax and repeat the exercise.



Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
TTY (479) 575-4124

Website: health.uark.edu



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BACKACHE



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BACKACHE

A backache is any pain in the back, usually the lower part. The pain is often dull and continuous, but sometimes sharp and throbbing. A backache is sometimes referred to as lumbago and is one of the most common ailments and can be caused by a wide variety of disorders. Occasionally a backache is a symptom of spinal arthritis, peptic ulcer, enlargement of the pancreas, sciatica, diseases of the kidney or other serious disorders, but usually backache is caused simply by strain of the back in such a way that the bones, ligaments, nerves or muscles of the spine are compressed or stretched. A sudden action, using muscles that are already fatigued or out of condition, is particularly likely to cause acute strain. In such cases, rest and time usually bring recovery.

COMMON CAUSES

- insufficient exercises
- obesity - excessive weight around the waistline adds strain to the back
- poor posture
 - slumping in a chair
 - lying on a couch with your head on the arm rest to read or watch T.V.
 - lean forward away from back
- sleeping problems
 - a mattress that is too soft can increase the tendency toward sway back
 - sleeping flat on your back without a pillow can result in back pain
 - lying on the stomach tends to cause back problems
- lifting improperly - bending at the waist to lift an object

HOW TO HELP PREVENT BACKACHE

- avoid postures and positions that can potentially cause injury while sitting, standing, working, exercising and other activities
- do not stand on one foot and drop the opposite hip, stand with equal weight distributed on both feet which are placed comfortably apart
- avoid wearing high-heeled shoes which increase the curvature of the lower back
- when sitting, keep lower back flat against the chair, place one foot on a stool to relieve swayback
- some type of support should be placed behind the lower back when driving long distances
- when lifting objects, bend your knees and hips, use legs for lifting - not your back
- do not lift or move objects that are too heavy, get help

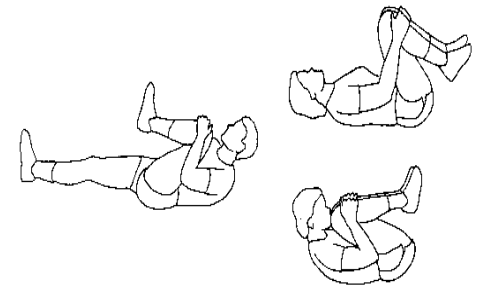
EXERCISES FOR LOW BACK PAIN

In the beginning, don't overdo exercising. Begin by trying the movements slowly and carefully. The exercises may cause some mild discomfort at first, but it should last only a few minutes. If the pain lasts more than 15 or 20 minutes, stop exercising, notify your physician.

It is advisable to do the exercises on a hard surface with a thin mat or a heavy blanket. A pillow under your neck may make it more comfortable. Begin the exercises in the order marked. This allows muscles to loosen up gradually. Begin with doing each exercise five times and increasing to twenty times each.

Lie on your back with your arms above your head and your knees bent. Move one knee as far as you can toward your chest and at the same time straighten out the other leg. Go back to the original position with both knees bent, and repeat the movement, switching legs. Relax and repeat the exercise

Lie on your back with a small pillow under your head arms at your sides and your knees bent. Bring knees up to your chest, and with hands clasped pull knees toward your chest. Hold for a count of 10, keeping your knees together and shoulders flat on the mat. Repeat the pulling and holding movement three times. Relax and repeat the exercise.



Action 1

Action 2

