

## Immediate treatment of inflammation using PRICE;

The treatment should be used directly after the injury has been sustained and carried out for 3-5 days.

Tissue injury involves damage to small blood vessels, which in turn results in bleeding at the sight of injury. There are 5 main signs of inflammation that can be recognized; Heat, redness, swelling, pain and loss of function. Inflammation is a necessary bodily response for the healing process of the damaged area. However we can use PRICE as the body tends to over react to injury, to minimize the symptoms and reduce discomfort.

- **P - PROTECT** - protecting the injured tissue from further damage, whilst allowing swelling to accumulate.
- **R - REST** - reducing the energy requirements of the area as well as avoiding any excess blood traveling to the area.
- **I - ICE** - which causes vasoconstriction, allowing the blood vessels to reduce blood flow to the area. Crushed ice in a damp towel works best, and should be put on immediately after injury for 20 minutes, then every 3-4 hours at 5 - 10 minutes duration.
- **C - COMPRESSION** - Simple bandages will do, whilst making sure the bandages are not too tight.
- **E - ELEVATION** - The injured area should be placed higher than the heart level, in turn helping to reduce blood pressure, limit bleeding as well as encouraging removal of fluid through the lymphatic system.

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## Exercises and advice for chronic lower back pain



### About chronic low back;

This will often come due to a weakness in the muscles supporting the lower back, which in turn can lead to incorrect functioning of the lower spine. It is vital that these supporting muscles are strengthened, as well as your stomach muscles, so that the spine is equally supported from the front and the back. A loss of stability within the spine can lead to microscopic damage to the surrounding soft tissue. This is why it is particularly important to recognize the problem as soon as possible to reduce any damage that could be caused.

### Warm up and warm downs;

When carrying an injury it is especially important to make sure there is sufficient blood flow to the area in question as well as warming the muscles. This must be carried out before any stretches, and is usually done so by having a light jog for up to 5 minutes. Upon finishing an activity a warm down must also be carried out, which allows for the removal of lactic acid as well as a gradual decrease to heart rate and blood pressure. This should be carried out with a light jog decreasing to walking pace.



# EXERCISES AND ADVICE FOR CHRONIC BACK PAIN

## How to actively managed your back;

- Try to remain active in all settings i.e. home, work etc.
- Keep mobile - keeping fit.
- Try and make an early return to activities, gradually returning to regular activity - however this should not be rushed.
- Stay at work - bed rest will not aid recovery.
- Modify your activities and environment to suit recovery and remove any extra strain.
- Use any physical aids, flatter shoes and the use of cushions.
- Aim to maintain a good posture at all times.
- Use you thighs when lifting and

## Adaptions for day to day living;

- Try and avoid sitting for a long time - give yourself breaks and stretching periods.
- If it is a poorly supported chair - use a cushion (towel or bag) for support, where the curvature of the spine is maintained.
- When hoovering - use a light hoover, keeping the handle close to your stomach.
- Avoid washing at a low basin - do not stoop, but move your feet further apart, bending at the hips.

## Release/ relief stretches

### • Supine knees to chest - lower back stretch

Lie on your back (either on your bed or on the floor). Bring your knees into your chest slowly and hold for 5 seconds. Once in this position rock forwards and backwards, keeping your head in position.



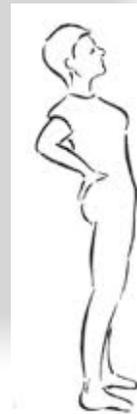
### • Knee rolling



Lie on your back with your knees together. It is important to keep your shoulders on the floor throughout. Slowly move your knees from side to side. Repeating 6-10 times.

### • Back bends

Stand with your feet hip distance apart, placing both your hands in the small of your back. Pull in your stomach muscles and lean gently backwards, whilst doing this let your hips relax. Repeat 4-6 times.



## Strengthening exercises

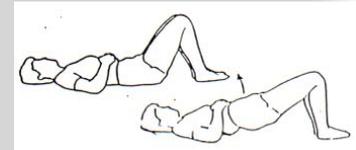
### • Abdominal hollowing of the stomach muscles

Kneel on all fours, with the hands underneath the shoulders and your hips over the top of your knees. Deep breathing is required where inspiration occurs through the nose and expiration through the mouth. It is very important that the trunk is held in position.



### • Back strengthening

Lie on your back, with your legs out in front. Perform a pelvic tilt - tilt the pelvic upwards, allowing the spine to flatten against the floor. Whilst holding your back in this position slid your heels towards your body. Repeating this ten times.



### • Prone trunk lift

Lie on your with your arms by your side, with your forehead touching the floor/bed. Breath in and out, then squeeze your buttocks and slowly lift your trunk (whilst still looking down). Hold this for 6 seconds, then lower your body to the floor. Repeat 6 -10 times.



