

## 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 site 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.



## Rehabilitation of the Sporting Back

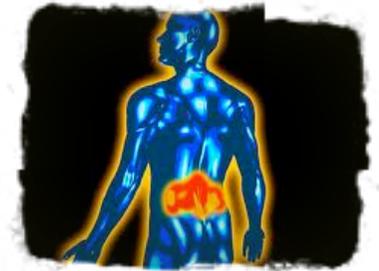
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### About lower back pain;

Lower back pain affects a Gold Medal athlete as much as an office worker. However due to the vast complexity of the back, the nature of the pain and the recovery process varies greatly. Often the recovery process can be quicker when dealing with a physically fitter person. Lower back pain can often result from an imbalance in muscular strengths between the lower back and the stomach muscles. As a result this can cause an instability within the back or in fact incorrect functioning. It is very important to adjust and correct these faults within the back to prevent any further pain. It is particularly important to minimize damage to the area, often with microscopic damage to the soft tissue providing a cause, hence why this issue must be addressed and resolved quickly.



### 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 lighter jog decreasing to walking pace.

## Rehabilitation program

- This session has been designed with specific exercises, strengthening and stretching tight muscles as well as looking to improve core strength.

### STABILITY EXERCISES

#### 1. Hip rotation

Beginning on your hands and knees, hold your spine stable throughout the exercise. Push your knees and hands into the floor, keeping a slight kink in your elbows. Whilst keeping your head and back stable, raise one hip out to the side, then return it back to the central position. This is to be repeated 5 times on either side.



#### 3. Ball throwing on one leg

Stand upright keeping your buttock and stomach muscles tight, whilst maintaining a straight back. Balancing on one leg throw a ball against a wall. Repeat the throws for up to 30 seconds and then alternate your legs. A progression that can be made, is to stand on a balance board (or something similar - an uneven surface) and



#### 2. Supine cycling with arms

Lie on your back with your knees bent, tighten your stomach and buttock muscles to hold your spine in a neutral position. Move alternate arms and legs together. Repeat this 10-15 times, whilst maintaining a stable spine.

## STRENGTH AND STABILITY EXERCISES

#### 1. Supine hip raise

Lie on your back, with your legs in the air and knees straight if possible, if not with a slight kink in the back of the legs. If possible hold on to something behind your head. Whilst holding your stomach muscles tight, slightly raise your hips and feet



### STRETCHING EXERCISES

#### 1. Forward kneeling stretch

Whilst bending down, spread your weight equally through your knees and hands (In a praying style). Whilst bending your knees, sit back on your heels - leaving your hands and arms stretched above the head. Now relax by dropping your shoulders, holding it for at least thirty seconds. Repeat 3 times.



#### 2. Backwards stretch

Sit on a chair, and place a rolled up towel (so that it becomes roughly 2 inches thick) between the chair and your back, so that it is at the top of the chair. Bring one of your knees up, so that your foot is resting on the chair whilst placing your hands behind your head. Then lean back until a gentle stretch is felt

