

FRESH 2010
PERSPECTIVES



Blackrock Clinic

EMERGENCY DEPARTMENT

*Back Pain
Advice*



Blackrock Clinic

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Back Pain

Back pain is very common and fortunately most people will recover quickly. An X-ray is NOT often useful so don't worry if your doctor does not send you for one.

It is important to remember that backs were designed to move so bed rest is not recommended.

Modify your activities only until the acute pain subsides, then return to normal activity.

Pain Relief

Take the recommended or prescribed painkillers for at least 48 hours.

Ice

Never put ice directly on the skin. Cover ice pack/ice cubes with a towel. Apply the ice to the painful area 3-4 times daily for 15- 20 minutes.

Heat

After 48 hours the use of a hot water bottle wrapped in a towel or taking a hot shower can ease tension in the muscles.”

FREEPHONE

1800 283 999

To improve Posture

- Don't slouch with the shoulders hunched forward
- Don't carry something heavy on one side of the body
- Don't cradle a phone receiver between the neck and shoulder
- Don't wear high-heeled shoes or clothes that are too tight
- Don't keep your head held too high or look down too much
- Don't sleep with a mattress or pillow that doesn't provide proper back support.

Sitting

Use an upright chair and a rolled towel in the small of your back. Don't sit for longer than 20 minutes. Get up and move around regularly.

Driving

Adjust your seat so you are sitting as straight as possible, use the rolled towel and stop regularly to stretch.

Disclaimer

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