

Dr. Eugene Wong
Consultant Spine Surgeon
Adj A/Prof Perdana University Graduate
School of Medicine
MBBS, MS Ortho (Mal), DipSurgAnat (Melb)
AM (Mal)
Fellowship in Spine Surgery (NUH, S'pore ;
Adelaide & Melb, AUS; Emory, USA)
Fellowship in Orthopaedic Trauma (AUS)
<http://www.orthoneurospine.com>
email : eugene@orthoneurospine.com

Low Back Pain

Low back pain is very common; it can be felt in the back, buttocks and in the legs. Fortunately, most people find that it only lasts a few days or weeks. The exact cause of low back pain is often difficult to find. Tension, soreness and/or stiffness are common symptoms. Joints, connective tissue and discs may contribute to the symptoms.

If you have any of the following symptoms as well as low back pain, see your specialist immediately: muscle weakness in your legs; reduced feeling in your legs, buttocks, back passage or genital area; problems with bladder or bowel function; feeling generally unwell; unsteadiness on your feet.

Diagnosis –finding out what’s wrong. In most cases an X-ray or scan is not required unless the doctor thinks it is needed. Scans do not affect the management of your condition.

What you can do? You can do the following things to help you to manage your low back pain, recover quickly and continue doing the things you like doing –they may also

help if you get low back pain again in the future:

•**Stay active:** although the pain can make this seem difficult, maintaining and gradually increasing your daily activity can help your back. Rest when you need to, but avoid prolonged bed rest because this will not help your recovery. During the first few days it is important to start gentle activity. You may feel a temporary increase in pain during or after the activity; this is normal and does not mean that you are causing harm. Try to do a little more each day aiming for a steady return to full activity and domestic tasks.

•**Pace yourself:** It is normal to have good and bad days. Keep doing your normal activities little and often throughout the day –break down big jobs into smaller, more manageable tasks. This will keep your joints moving and your muscles strong and help speed up your recovery.

•**Regular medication:** taking painkillers will allow you to remain active –It’s better to take painkillers regularly than waiting until the pain is really bad.

•**Regular exercise and physical activity:** this helps to keep your back fit and healthy.

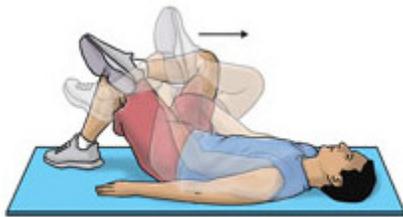
•**Heat:** this can help reduce the pain of muscle spasm. Try using a hot water bottle wrapped in a towel over the painful area for 15 -20 minutes.

•**Change lifestyle factors:** check for everyday things that may be aggravating your back. These might include stress, repetitive and/or uncomfortable postures at work, at home or while driving, or long periods of sitting.

Low Back Pain Exercises



Standing hamstring stretch



Gluteal stretch



Quadruped arm/leg raise



Cat and camel



Pelvic tilt



Partial curl



Extension exercise



Side plank