

Low Back Pain

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Low back pain is a common complaint that can lead to high levels of disability. Common symptoms include pain in the lower back region, decreased trunk movement, and difficulty bending forward. There are many causes of low back pain and consultation with a physician is important to rule out any serious health condition. Most low back pain episodes will resolve completely, especially with the help of a healthcare professional such as a physiotherapist or massage therapist.

Home Exercises

- *Cat-cow*: Start in a crawling position. Slowly round your back pushing away from the ground, then arch your back bringing your belly button toward the ground. Repeat 10 times, multiple sets per day.
- *Double knee to chest*: Lying on your bed, hug both knees into your chest. Hold for 15 seconds and return to the starting position. Repeat this 3-5 times, multiple sets per day.

For more information, visit www.summitpt.ca



Tips From A Physiotherapist

- Movement is important, try to continue regular daily activity while avoiding aggravating pain.
- Leave more time to complete activities, as you may need to rest more often to avoid aggravating symptoms.
- Walking is a great form of exercise to move your body when you have low back pain.
- Consult with your doctor if you start to experience increased symptoms, symptoms going into your leg, changes to bowel/bladder habits, or symptoms of numbness/tingling.