

BACK INJURY MANAGEMENT & PREVENTIVE MAINTENANCE

Here are some tried and true remedies at time of acute back pain:

- *Right away – at the time of injury or pain – icing the area would bring down the inflammation – and speeds up recovery. Ice/cold first at beginning of injury to reduce swelling and then you can apply heat/warm later on to bring blood flow to speed up healing.*
- To help speed up any muscle knots (contractions) in the back, you can use warm/hot compresses and an Advil or Aleve if you're in a lot of pain. Warm/hot shower or even better -- soak in Epsom salt bath will greatly help. Epsom salt draws out the toxins in the muscles.
- Applying a topical ointment like Biofreeze, Icyhot, Arnica gel, Tiger balm, etc. will help bring some relief too. Applying the topical prior to workouts help bring blood flow to the site in preparation of using the muscles versus working them cold.
- If you can reach around and find any possible muscle knot the size of a pea, try and massage it out... *or find a kind soul to do it for you.* Many times a muscle is tight and needs to be massaged and loosened up. It does work!

“An ounce of prevention is worth a pound of cure”

Here are basic back stretches that help to lubricate the muscles that support the spine and provide preventive maintenance to protect your back:

- Lying on a flat surface or even in bed (am and/or pm):
 1. bring knees to chest and roll gently side to side
 2. then bend one knee in & extend other leg out
 3. then bring one leg straight up in air and pull it into chest and flex foot to stretch the Achilles tendon
 4. lastly put both legs in air and flex both feet together
 5. repeat #1
(do on other leg as well)
- Definitely maintain a pelvic neutral spine while exercising as well as through functional daily living to strengthen the core muscles outside of your specific core training.

Stay Healthy!
Bessie :)