

FREE LOWER BACK PAIN GUIDE

On meeting new people at our clinic, the most important part of our assessment is your 'PATIENT STORY'.

This story is a comprehensive and in-depth conversation around your 'JOURNEY' that has resulted in a visit to our treatment room.

The message we deliver to all the people we work with is that there is never TOO MUCH INFORMATION.

By this we mean that the body is one system, one stress absorber and stress responder.

So, with that said any injury at any given time can result in a series of complications.

One injury that we see as much as any other is LOWER BACK PAIN.

That probably includes you, that's why your reading this guide!!!

Very often people are given advice on how to manage their lower back pain which includes a REDUCED level of ACTIVITY OR SPORT, the things that you often enjoy and love the most.

Whilst this may be appropriate at the very early stages of a lower back injury, prolonged avoidance from activity is NOT the best strategy in the long term.

Not only can it lead to further injury, cause the body to decondition, it also STOPS you doing the activities and sports you enjoy the most.

Here at Perform Ready we help active individuals with injury, get quickly back to full fitness without the fear of symptoms returning.

Keep reading this guide for advice on how to best manage your back pain.

Is Your Back Even Really Injured?

The lower back (lumbar spine) is supported by many overlapping muscles that have different roles during functional tasks.

Put simply, collectively these muscles should provide mobility (movement) and stability (control of movement) with lower load activities such as walking or running.

With higher load activities such as weightlifting, sprinting and sports, the role of the 'core' should be to provide stability.

Lower back issues often present when these muscles are made to provide mobility under heavy loads when they should be tasked with stability.

In short, they are trying to do too much.

So, is your back really injured or is it just overloading?

Is it working too hard and taking too much of the load?

Many things can influence this and by the reason your back is overworking.

These could relate to your previous injury history, current activity level, occupational demands amongst so many other factors.

Here are a few different ways to look after your back and help you get back to the activities and sports you enjoy the most, free of pain and without the fear that your symptoms will quickly return.

Belly Lift



Belly Lift

Note: Tuck in tail bone throughout

1. Breath in through nose
2. Breathe into back of rib cage
3. Purse lips to create resistance when breathing out
4. Repeat for 5 breaths
5. Repeat cycle 3-5 times

90-90 Hip Lift



90-90 Hip Lift

Note: Tuck in tail bone throughout)

1. Breath in through nose
2. Press heels into box
3. Purse lips to create resistance when breathing out
4. Repeat for 5 breaths
5. Repeat cycle 3-5 times

Single Leg Hip Lift



Single Leg Hip Lift

Note: Tuck in tail bone throughout)

1. Breath in through nose
2. Press heels into box
3. Purse lips to create resistance when breathing out
4. Repeat for 5 breaths
5. Repeat cycle 3-5 times

Key Take-Aways

Lower back pain can be caused by a variety of different reasons, including your previous injury history, occupation, sport or activity choices, amongst many more.

Often lower back pain is the result of the lower back doing too much work, it overloads and this is the main reason people experience problems with their lower back.

Use these exercises to help relieve this load and make a positive start to getting rid of your lower back pain and get back to the activities and sports you enjoy.

Yours in Health

The Perform Ready Team

PS. If you want to talk to a member of the team about a lower back problem you have don't hesitate to get in touch.

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Please Note: This advice is general advice regarding lower back pain and is not specific to the pain or injury you may have currently. Should you require more information please get in touch.