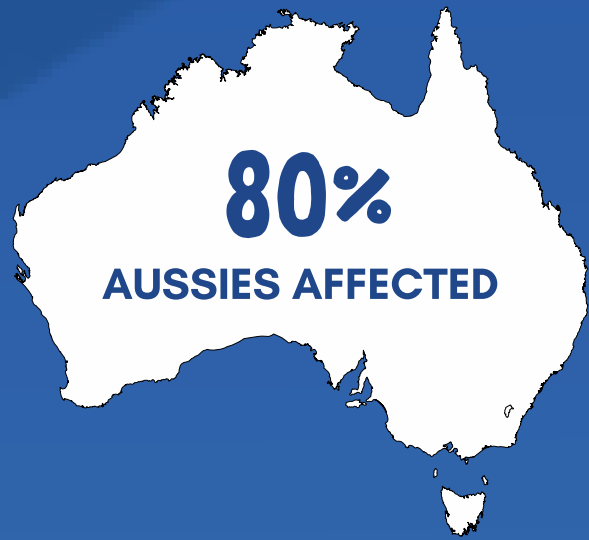




LOW BACK PAIN & EXERCISE

Low back pain is very common. Although often very painful, most low back pain is not caused by a serious problem and will resolve with some targeted rehabilitation exercises. Physical activity is an important part prevention.



WHEN SHOULD YOU SEEK HELP?

You should seek advice from a health care practitioner as soon as possible if your back pain:

- Occurs after a traumatic event, such as a car accident or a fall;
- Wakes you during the night;
- Does not reduce or change, no matter how you move or change position;
- Accompanies numbness, tingling, or 'pins and needles' in your bottom, legs, or feet; or
- Accompanies changes to your bowel or bladder control.

EXERCISE PROGRESSION:



GRADUATED TRAINING:

To keep physically improving, your exercise program must become increasingly more difficult; this is called graduated training. For example, if you stayed active by walking, to gain further health benefits you now need to walk further or faster, walk up inclines, or carry extra weights.

INCREASING YOUR RANGE OF MOTION:

Your spine and the surrounding muscles are designed for movement. As your low back pain subsides, add some stretching and reaching exercises that increases movement in your back.

STRENGTHENING:

Muscle strength, particularly in the small muscles that stabilise the lower back, do not return automatically when low back pain eases. To regain this strength, you may need to do some specific strengthening exercises, with graduated difficulty to progressively increase strength.

HOW DOES EXERCISE HELP?

Exercise is a powerful tool for moderating strong emotions, such as anxiety and depression. In fact, participating in enjoyable physical activities keeps you connected, happier, and more focused on the important things in life. Also, while you are in pain, staying active prevents loss of physical fitness and muscle strength.

HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **An accredited exercise physiologist can help you with an exercise program to strengthen your lower back to increase your range of motion and incorporate graduated training.** It is important you seek assistance with planning exercises if you have had multiple episodes of low back pain. Speak with your GP today about eligibility criteria for Medicare rebates. We also work with NDIS, DVA, Work Cover, and private health insurance.



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