

6 simple steps to manage your acute back pain



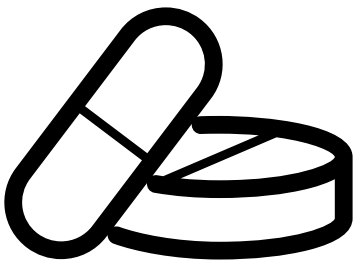
1 Stay Moving

General movement is the key in high pain situations. Listen to your body and stay relatively active. Avoid sustained positions. Go for a walk, hop in the pool or just stand and sway your hips.



2 Minimize painful positions

Take notice of positions, movement and exercises that provoke your symptoms and avoid moving into them (for now).



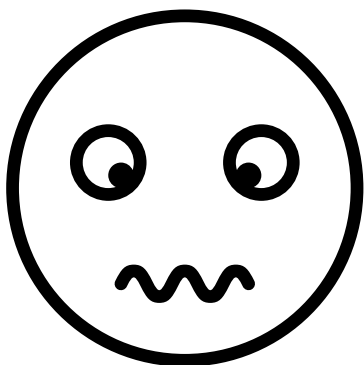
3 Only take medications as necessary

Medication can help the acute stages of lower back pain, however only take them as needed or recommended by your GP.



4 Stay positive and optimistic

Stay positive and optimistic. Lower back pain is extremely common and 99% it will resolve with good management and treatment. Avoid negative thoughts and poor self talk.



5 Dont freak out

Regardless of how intense the lower back pain is, it is very rarely an emergency case. Most back pain episodes will settle down within 1-7 days. If you have concerns or questions just pick up the phone and call the clinic we are here to support you.



6 Avoid Dr Google!

No good will come from Dr Google as it is not specific to your case. More often then not you will read worst case scenario. Listen to your Chiro :)



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