

## For relief of Acute and Chronic Back Pain

If my back is painful and massage is not relieving it then I would take it to the physio to untwangle it. Then keep it in good condition with one or more of these methods below:

### 1 The 90 degree method [°↔]

(my personal favourite. Quick and easy and works well and doesn't look too weird. I do this one often while doing heavy or awkward work.)

- Place both hands on something firm (table or chairback) at about waist level.
- 'Walk' backwards keeping arms straight; until your back is flat and parallel to ground.
- Keep knees fairly slack. Keep neck straight and relaxed.
- Take a few easy breaths, while tilting pelvis gently back and forth.
- Stand up, hands on hips, bend over backwards slightly, pushing pelvis forward for a breath or two.

Repeat a few times. This can be combined easily and effectively with Exercise 1 on next page.

### 2 The 90 90 method '↵↵

(useful for undoing major damage such as due to overload, accidents, surgery etc)

- Lie on back on floor with calves of legs on seat of a kitchen chair.  
( so that hips and knees form two 90 degree bends )
- Stay there for 10 minutes or more, up to an hour is fine. Can read or watch TV or meditate or sleep.

Twice a day is fine too and more often can be very helpful if you are seriously compromised.

### 3 Cat Pose

This is a yoga method which recommended as effective for sore back, but it doesn't do much for me so can't remember the details. Someone may be able to teach it to you.

### 4 Child Pose

Kneel on floor, lie body forward onto knees, place head on floor, place arms next to sides. Be comfortable; breathe; turn head occasionally. If my back is very stiff or sore then I place a cushion on my knees to lay my chest on.

### 5 Basic Squat

Squat with heels in contact with ground. Place phone books or such under your heels if necessary. At first just go down and stand up again.

Repeat until you can manage a few seconds or a minute. then gradually extend time and/or remove the prop under your heels.

The **underlying principle** of all these stretch/relax exercises is :

**Never take yourself into Pain ;**

rather

- Go to the edge of pain,
- Back off slightly and hold for a moment or two. Relax for a moment. Repeat

I like the yoga method of :

- Take a slow Inbreath,
- Apply tension to edge of pain,
- Hold,
- Breath out and release the tension a bit.

Repeat.

Notice how the range of motion increases with each try.

**Do Not hurt yourself.**

## **Addendum**

Drink plenty of water during the day to keep the joints and fibres clean and lubricated. It is most important to make an applied effort to drink water for many health reason. I glug as many glasses as I can soon after getting up in the morning. And then try to drink the rest during the day. This way; at least I get down some water every day even if it is not the full amount.

Try to lift loads with straight back. Get 'under' the load, heft it and then use legs to raise. Same again putting the load down. I usually spread my knees apart a bit. tighten my gut muscles, hold breath; and pick up and put the load down carefully, with arms between my knees. Don't know if this is good practice or not but i seem to be more in control then.

As we get older we could have stronger arms and willpower than back and spine. So be careful; lift smoothly and test for overload.

Never lift with spine twisted, nor by leaning over to a side, not even slightly twisted and not even lightweight stuff.

Use Arnica Ice (or similar) from the vet. Apply several times per day.

Cold therapy to reduce swelling. Lie face down and apply a bag of frozen peas to the back where it is paining. Apply for a few minutes but not long enough to freeze the flesh!!! Short times and often is probably better for old injuries. Manage this your self please.

Heat therapy should Not be applied to fresh injuries because this type of therapy can bring too much fluid into the injury site and thus cause excess swelling.

### **6 Exercise 1**

While standing (or sitting). clasp hands together behind back, with fingers interlocked and palms up. Push hands down towards floor and also backwards to muscle limits and take a few breaths. Repeat several times. This will cause a stretch in chest and shoulders and will relieve the lower and upper back. Do this hundreds of times per day if possible.

### **7 Exercise 2**

Take a large bath towel. Fold the long edges to almost meet. like <===> Roll from one of the short edges to form a 'swiss roll' . Lie on floor or hard mattress and place the roll under the head/neck joint. (Occiput and C1/C2 ) The softer "gap" goes onto the neck vertebrae. Pull feet back along floor so that knees are pointing to ceiling. Park knees together so that if you fall asleep your knees will fall and wake you. !

Not more than 15 minutes at a time but can do several times a day.

This should eventually persuade your neck muscles to relax, which will cause a general relaxation response.

A more permanent 'roll' can be made with two tennis-balls in something like a strong sock and with wire or nylon ties to hold the tennis-balls together. like OO

Be well

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