

Non-Specific Low Back Pain (NSLBP)

What is it?

Most back pain is not caused by serious damage or a "slipped disc." It is usually a sensitisation of the muscles, joints, and ligaments in the lower back due to awkward movements, prolonged postures, or stress. It is painful, but rarely dangerous.

Advice:

- **Keep Moving:** Avoid staying in bed. Short walks are better than long rests.
- **Heat over Ice:** Heat packs (20 mins on) can help relax muscle spasm better than ice in the lumbar spine.
- **Change Posture:** Don't sit for >30 mins. Get up and reverse the curve of your back.

Early Management Exercises:

- **Knee Rocks:** Lying on back, knees bent, gently rock knees side-to-side (within comfort).



- **Cat/Camel:** On hands and knees, gently arch back up and then dip it down.



- **Walking:** 10-15 minutes on flat ground, twice daily

Ready to move freely again?

Book an appointment with our team today, and please don't hesitate to reach out if you have any questions.