

CHIROPRACTIC HEALTH CLINIC

905-668-1206

ACUTE LOW BACK PAIN INSTRUCTIONS

1. Use Ice Pack (*10 –15 minutes every hour during waking hours*).
2. No bending. No lifting. No exercises. Rest.
3. Daytime hours should be spent lying down (on back or side, with knees bent **NOT** on stomach) or walking around if possible for comfort.
4. Wear low back corset (if prescribed) during the daytime and when traveling in your car. Low back corset for sleeping is optional.
5. Lie on firm mattress or on the floor (NOT on couch). Do NOT sit (this is the worst position for most low back patients). A back Hugger cushion may help if sitting cannot be avoided.
6. Eat lightly (fruits, vegetables, cereals). Many patients become constipated during acute low back pain. Stay away from red meat until low back pain has decreased as red meat contains acids that increase the sensitivity of nerves to pain.
7. Please be patient. Correction of most low back syndromes takes time. Usually within 24-48 hours after the first chiropractic treatment, there will be some relief.
8. Occasionally some patients may feel some temporary soreness after the first spinal adjustment. This is generally normal, but discuss it with Dr. Vanclief on your next visit.
9. After a few days, some patients can gently begin knee to chest exercises to stretch the low back. Consult with Dr. Vanclief first.
10. Report any additional problems that concern you to Dr. Vanclief. Elevated body temperature or loss of bladder or bowel control or progressive weakness or numbness can be serious. We are always willing to answer any questions in the office or by phone.