REHAB NEWS Your Therapy Department — Healthcare Therapy Services, Inc.



Give Your Back a Break (By Moving It)

Your back works hard all day. It helps you stand, walk, bend and reach. So when it starts to hurt, it's natural to think, I just need to rest it.

But resting your back doesn't mean staying still. It means taking a break from what aggravates it while continuing to move comfortably. Staying in one position too long can leave your back feeling stiff and sore.

When Your Back Hurts

✔ Do	✘ Don't
Keep moving. Take short, easy walks throughout the day.	**Stay in bed all day.** Prolonged bed rest can slow recovery.
Change positions often. Try not to sit or stand too long.	**Sit for hours at a time.**
Try heat or cold. Use what feels best for 15-20 minutes.	**Lift heavy objects or twist.**
Move comfortably. Mild stiffness is okay.	**Push through sharp or worsening pain.**

Call your healthcare provider right away if back pain follows a fall, or comes with leg weakness, numbness, fever, or bladder or bowel changes.

Back pain can affect more than your back. It can change how you walk, sleep, get dressed, and enjoy your favorite activities. A physical therapist can help you understand what's contributing to your pain and build a plan to improve your strength, flexibility, and movement. Talk with your doctor about whether therapy is right for you.

[insert your contact information, etc.]

[insert your logo]