

## BackTracks C.A.R.E. Clinics: Low Back Pain

As part of a **NEW**  
**Low Back Pain Strategy**, the  
Ontario Ministry of Health has  
developed the following resources  
for patients:

### **Low Back Pain Video**

Designed by Dr. Mike Evans (Health  
Design Lab) and developed in  
collaboration with the **Centre for  
Effective Practice** and **The Institute  
for Work & Health**. This video  
provides education for patients  
experiencing low back pain by  
increasing awareness of self-  
management tools and techniques.  
Health care providers are  
encouraged to share this resource  
with their patients



<https://www.youtube.com/watch?v=BOjTegn9RuY>

## Tips for Your Low Back

### 1. Quit Smoking!

Smoking can slow down and interfere with the healing of bones, skin and other body tissues. As a result, recovery from a back injury can be delayed or incomplete.

### 2. Positions and Activities to Help Manage Your Pain

#### ***Pain with Sitting***

If your back hurts with sitting make sure to stand up or walk around at least once every 20 minutes. Choose a seat with good lower back support, arm rests and a swivel base (not your sofa or easy chair). Consider placing a rolled towel in the small of your back to maintain its normal curve. Keep your knees and hips level (90 degrees).

#### ***Pain with Standing or Walking***

If your back hurts with standing or walking make sure you sit down, round your back or perform pelvic tilts as needed to help alleviate your symptoms. Additionally, avoid wearing shoes with high heels.

### 3. Exercise Regularly – Get Active!

#### ***If your back hurts with sitting, bending and twisting....***

Regular low-impact aerobic activities such as walking (flat surface), aquafit and Tai Chi can increase your overall cardiovascular fitness while strengthening and increasing endurance in your back. This allows your muscles to function better.

#### ***If your back hurts with standing and walking....***

Regular low-impact aerobic activities such as cycling, swimming and Tai Chi can increase your overall cardiovascular fitness while strengthening and increasing endurance in your back. This allows your muscles to function better.

Regardless of what positions make your back hurt, core-strengthening exercises (abdominal and back exercises) such as **planks, side planks, and bird dog exercises** can help specifically condition your core muscles so that they work synergistically like a natural corset for your back.

### 4. Avoid lifting heavy objects or awkward objects

But if you must... let your legs do the work. Hold the weight close to your body and avoid lifting and twisting simultaneously. Ask for help if the object is heavy or awkward.

## Positions of Relief, and Exercises (Level 1, Level 2 & Level 3)

The BackTracks CARE Clinic is pleased to provide a list of short videos from the Inter-professional Spine Assessment and Education Clinics (ISAEC) website, a program that was developed in conjunction with the Ontario Ministry of Health and Long Term Care, as part of a **NEW Low Back Pain Strategy**.

### **Step #1**

BE SURE TO ATTEND THE NEXT **WEEKLY** BACK CARE CLASS AT CARLINGTON (date/time/location)

### **Step #2**

In addition to the BACK CARE CLASS AT CARLINGTON where you will be taught the proper body position and techniques for low back exercises, THESE VIDEOS provide a great review of some of the exercise you should be performing as part of **YOUR DAILY HOME EXERCISE PROGRAM**.

To go to the ISAEC website simple click on: <http://www.isaec.org/positions-stretches-and-exercises.html>

#### **Positions of Relief**

- Knee to Chest
- Prone Lie on Elbows
- Prone Lie on Pillows
- Sitting Flexion
- Supine Lie
- Z-lie

#### **Level 1 Flexion/Extension**

- Backward Lunges
- Cat/Camel
- Calf Stretches
- Clams
- Curl-ups
- Hamstring Stretches
- Hip Flexor Stretch
- Gluteus Maximus Activation
- Pelvic Tilt
- Planks
- Sloppy Push-ups
- Standing Back Extensions

#### **Level 2 Lateral Bend/Rotation**

- Adductor Stretch - Lying
- Adductor Stretch - Seated
- Figure 4 Stretch
- Prayer Stretch
- Supine Twist - Advanced
- Supine Twist - Beginner
- Wall Banger

#### **Level 3 Intermediate/Advanced**

- Bird Dog
- Bridging
- Curl-ups
- Dead Bug
- Modified Dead Bug
- Modified Plank
- Modified Side Plank
- Plank with Hip Extension
- Side Lying Leg Lifts
- Side Planks
- Single Leg Squats
- Squats
- Stability Squats

**BackTracks Health Centre**

1441 Woodroffe Ave.,  
Ottawa, ON K2K 3E3

613-596-0646

[www.bktracks.ca](http://www.bktracks.ca)