

CREATED BY
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BACK HYGIENE

PATIENT VISUAL GUIDE





BACK HYGIENE

GENERAL ADVICES

Bed Rest

For the first few days only

Pain relieve

Local application of heat or cold
Nonnarcotic analgesia
(Acetaminophen/NSAIDs)

Activity

Begin a reasonable activity program during the first week
(20 minute walking 3 times a day, interspersed with several hours of bed rest)

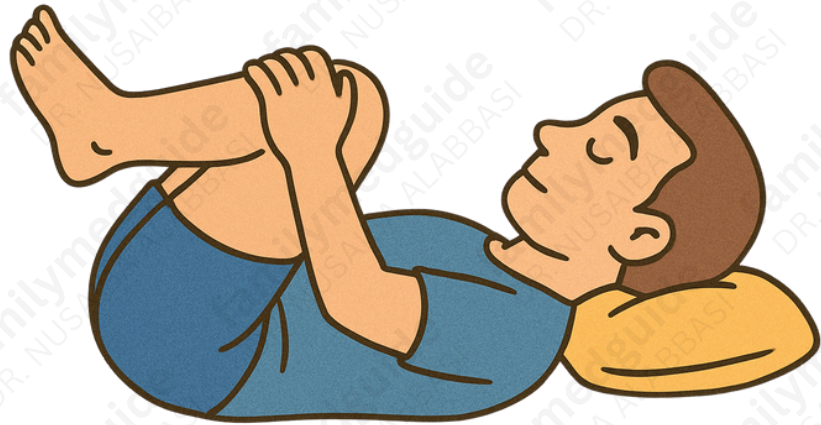
MOVE WELL LIVE WELL

FEEL BETTER ONE MOVE AT A TIME
STRETCH, STRENGTHEN
& SUPPORT YOUR BACK

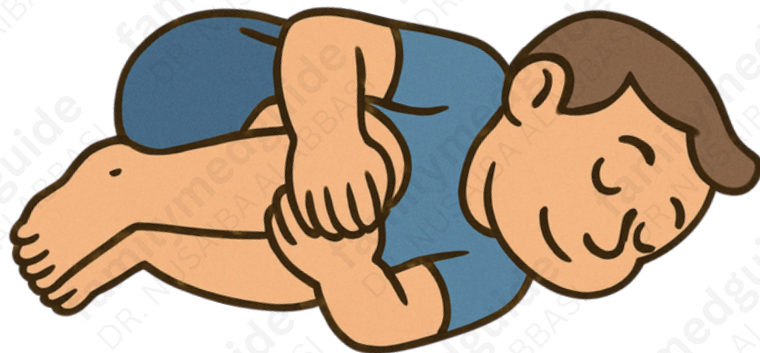


GENTLE STRETCH TO RELIEVE BACK MUSCLE SPASMS

These simple exercises help relax the muscles along your spine and ease pain from spasms



Lie on your back, slowly bring both knees toward your chest. Hug your knees and hold the position for up to 5 minutes. Breathe deeply and relax during the stretch.



If back pain is too strong

Lie on your side.

Gently bring your knees toward your chest and hug them. Hold this position and relax.



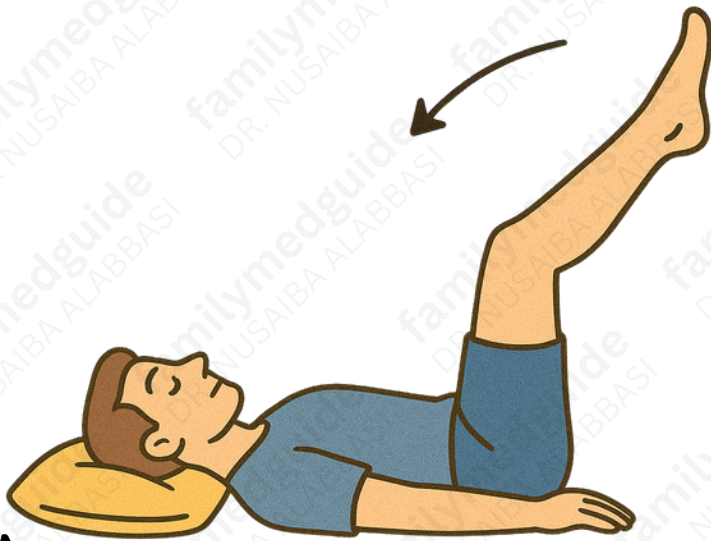
GENTLE BACK EXERCISES

Relieve tension and build strength—Start only after your back can handle sitting without pain

Starting position



Lie on your back with a pillow under your head
Lift your legs so your hip and knee form a 90° angle



A

Gently lift your hips of the ground (~6")
Bringing your leg slightly toward your head



B

Lower your hips slowly and bring your leg back to starting position



C

Repeat this movement **five times**
These are called **"kick-ups"**



D

Bring both knees to your chest. Place your feet flat on the ground to relax

PREVENT RELAPSE

Improve muscle strength and flexibility, help maintain good posture and reduce the chance of recurrent injury



Flexion exercises for strengthening paraspinous muscles: Stretching of the hip flexors



Two knees to chest



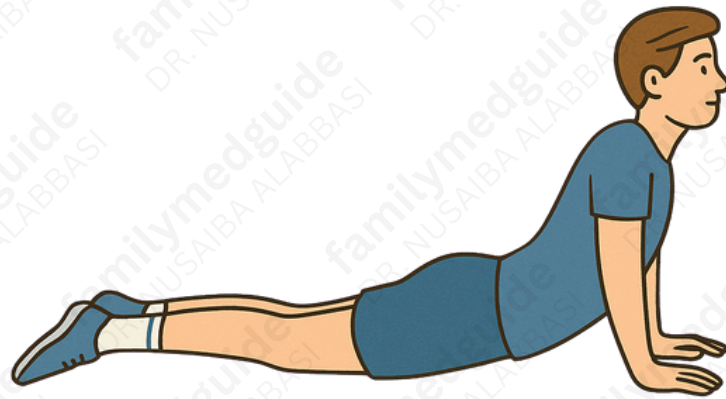
One knee to chest



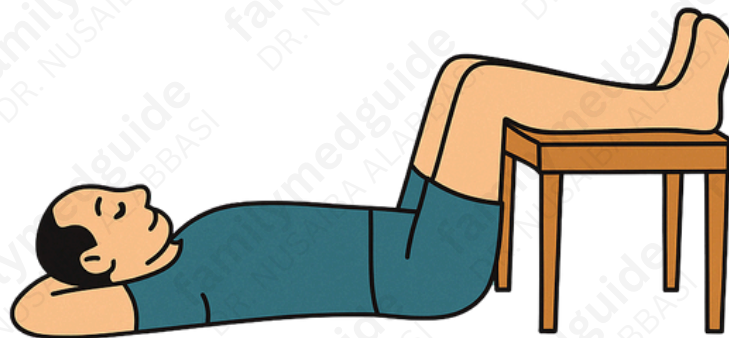
**Straight leg raise
(alternate)**



Flexion exercises for strengthening
paraspinous muscles
Partial sit-ups



Extension exercises for strengthening
the back extensors
Cobra pose



Comfortable Position to relieve
Sciatica Pain

MOVE SMART FEEL BETTER

YOUR GUIDE TO BACK-FRIENDLY
DAILY HABITS



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GETTING OUT OF BED BACK-FRIENDLY WAY



To protect your back, roll onto your side first. Then use your arms to push yourself up into a seated position

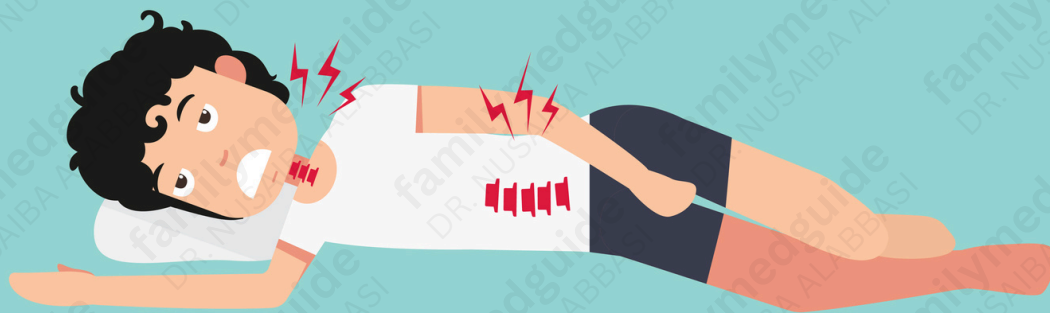
SLEEP EASY ON YOUR SIDE KEEP YOUR SPINE HAPPY



When sleeping on your side, place a pillow between your knees to keep your spine aligned & reduce lower back strain

SLEEP WITHOUT THE ACHES

SUPPORT YOUR NECK AND BACK



Use a small pillow under your head and another between your knees to reduce strain on your neck and back

BETTER BACK SLEEP

ALWAYS PROTECT YOUR BACK



Place a pillow under your knees to reduce pressure on the lower back

MOVE THE SMART WAY PROTECT YOUR BACK DAILY



Lift your foot onto a small stool to keep your back straight

LIFT WITHOUT PAIN REDUCE PRESSURE



Bend your knees and keep your back straight
Use your legs to lift, not your back, to avoid injury

CARRY BAGS SMARTLY

BALANCE YOUR LOAD



Split the weight evenly between both hands to protect the shoulders

PUSH CARTS

WITHOUT BACK PAIN



Stand upright with your elbows slightly bent to for better back support

ON LONG RIDES SUPPORT YOUR NECK



Use a neck pillow to avoid neck strain while sleeping during travel

WHEN USING THE PHONE DONT STRAIN THE NECK



Dont bend your knees, make sure the spine is straight

SITTING ON BED WITH SUPPORT



Use a neck pillow to avoid neck strain while sleeping during travel

SIT PROPERLY & ADJUST WHEN USING THE SCREEN



Keep your back supported and raise your screen to eye level

MOVE SMART, FEEL BETTER

Stay mindful of every move you make for a stronger, pain-free back.

PROPER SITTING WITH SUPPORT ALWAYS



Back support always matters -It starts the moment you get out of bed and continues through every step, whether you're walking, sitting, reading or using your phone.



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Dr Nusaiba Al-Abbasi

Guided by evidence, Shared by heart.

From a passionate family medicine
physician to another.

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REFERENCE.
UPTODATE + GOROLL

