

HOW TO MANAGE YOUR **LOWER BACK PAIN**



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*Disclaimer: This brochure is designed for educational purpose only. You should not rely on this information as a substitute for, nor does it replace, professional medical advise, diagnosis, or treatment.

Overview

It is common that people with cancer may experience cancer-related fatigue. The constant feeling of tiredness may bring about a decrease in physical activity. As a result, this may cause or worsen an existing low back pain. In addition, people who have undergone abdominal surgery have the risk of developing urinary and/or bowel incontinence. A combination of exercises targeted at the back, abdominal and pelvic muscles would not only be helpful to decrease the pain you are feeling, but also decrease the risk of injury. These exercises would also assist you in managing incontinence.



How to Take Care of your Lower Back?

Proper Lifting Technique

- Ask for help if the object is too heavy for you to manage.
- Squat by bending your knees instead of your back.
- Keep your back straight.
- Carry the object close to your body.



Avoid Prolonged Sitting or Standing

- By alternating your position every 30 minutes.

Frequently Asked Questions about Lower Back Pain

When Should I see a Medical Doctor?

You should see a doctor if you experience the following:

- Numbness in one and/or both leg(s).
- Pins and Needles in one and/or both leg(s).
- Shooting/ Burning Pain in one and/or both leg(s).
- Weakness in one and/or both leg(s).
- After a physical traumatic incident.
- Abnormal sensation over saddle area.
- Problems with bowel and bladder control.
- Changes in walking pattern.



Frequently Asked Questions about Lower Back Pain

Do I need Further Scans?



A large number of people who experience lower back pain do not require an Magnetic Resonance Imaging (MRI) or Computerized Tomography (CT) scan. However, there are exceptions that warrant further investigations. Such scenarios are identified and referred accordingly by a medical doctor.

Lower Back Exercises

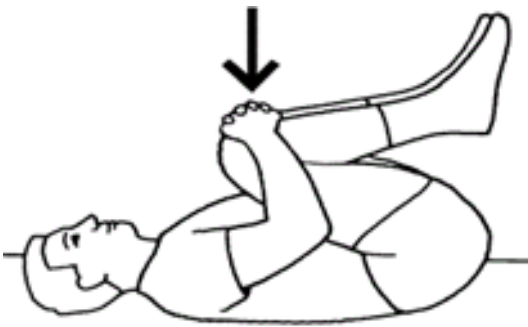
When doing these exercises:

- Do not hold your breath while doing exercises.
- Do not start exercise if you are feeling unwell.
- If any of the exercises cause an increase in pain, stop immediately.



Stretching Exercise for Lower Limbs

Knee to Chest Stretch



Hold for 10 seconds.
Do 10 times. Repeat 3 sets.

Lie on your back with your knees bent. Bring both legs to your chest until you feel a stretch in your lower back and buttock area.

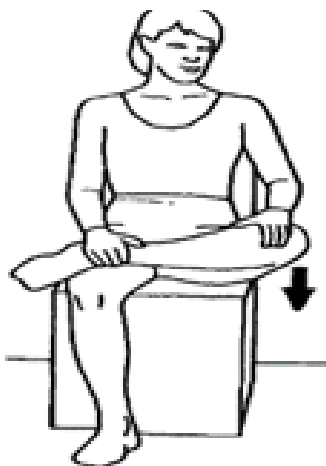
Gluteal Stretch



Hold for 10 seconds.
Do 10 times. Repeat 3 sets.

Lie on your back with both knees bent. Cross one leg on top of the other as shown. Pull your opposite knee to your chest until a stretch is felt in the buttock area.

Piriformis Stretch

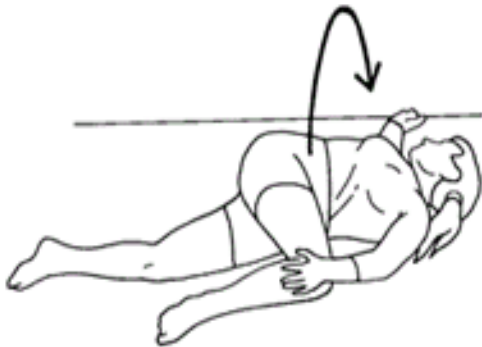


Hold for 10 seconds.
Do 10 times. Repeat 3 sets.

Sit on the chair with your feet flat on the floor. Place your ankle on the opposite knee as shown. Gently add pressure to the knee by pressing it towards the floor until you feel a stretch.

Stretching exercise for Lower Limbs

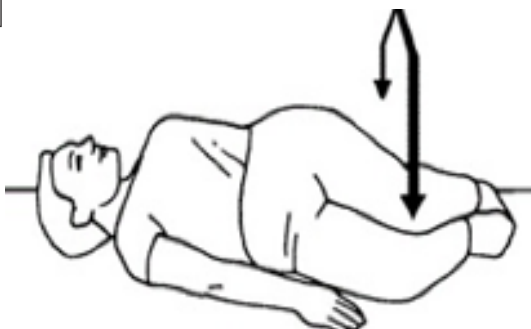
Side Stretch



Hold for 10 seconds.
Do 10 times. Repeat 3 sets.

Lie on your back with one leg straightened. Bend your opposite hip and knee. Reach your bended knee over to the opposite side by rotating your lower body while keeping your upper body stationary. You will feel a stretch over your back.

Lumbar Stretch



Hold for 10 seconds.
Do 10 times. Repeat 3 sets.

Lie on your back with both knees bent. Keeping your shoulders flat on the floor, gently rotate both knees over to one side.

Strengthening Exercise for Lower Back

Bridging



Hold for 10 seconds.
Do 10 times. Repeat 3 sets.

Lie on your back with both your hip and knees bent. Squeeze your buttock to lift up your hips to make a bridge with your body.

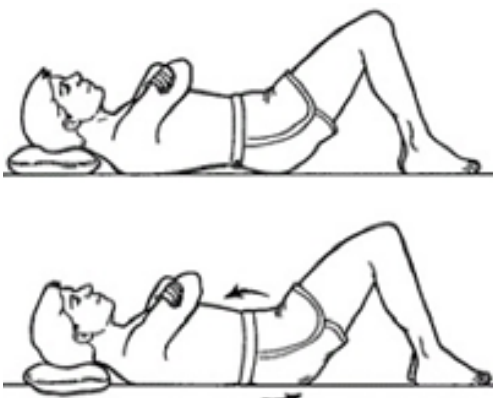
Lower Abdominal Leg Raises



Hold for 10 seconds.
Do 10 times. Repeat 3 sets.

Lie on your back with your hip and knees bent. Tighten your abdominal muscles to lift your feet from the floor in the same arc-like motion.

Pelvic Tilt



Hold for 10 seconds.
Do 10 times. Repeat 3 sets.

Lie on your back with your hip and knees bent. Flatten your back by tightening your abdominal muscles. Slowly relax and repeat this movement.

Strengthening Exercise for Lower Back

Child's Pose

Do 15 times. Repeat 2 sets.



Get down on hands and knees with your palms shoulder-width apart and directly under your shoulders. Sit back with your buttocks on your heels, reach forward until you feel a stretch in your lower back.

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NOTES:





**SINGAPORE
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