

MASSAGE THERAPY FOR LOW BACK PAIN



4 out of 5 Canadians will experience low back pain in their lifetime

The lower back is the **#1 site of chronic pain**

Massage therapy can help with low back pain

- ✓ Relieve pain
- ✓ Improve function
- ✓ Get moving again
- ✓ Use less pain medication
- ✓ Get back to work
- ✓ Improve quality of life

The 2017 Canadian Guideline for Opioids for Chronic Non-Cancer Pain recommends non-pharmacological therapy, like massage therapy, over opioids for chronic low back pain.



Beating Back Pain



Don't just lie there

Go for a walk. Simple activities are best when recovering from pain.



Consistency is key

Stick with your exercise and treatment routine.



Stretch it out

Do some back-friendly stretches every morning and evening.



In pain? Slow down

Return to your normal activities at your own pace.



Low-impact activities

Avoid high-impact activities until back pain subsides.



Apply heat or ice

For temporary pain relief, apply heat or ice, whichever you prefer.

Exercises



Targeted exercises to strengthen the muscles that control and support the spine are effective in reducing low back pain.

Modified Curl-Up

1. Lie on back, one knee bent, other leg flat on the floor, hands under lower back.
2. Lift chest, shoulders and head off the floor.
3. Hold for five seconds.
4. Lower yourself back down.
5. Repeat 10 times, switch legs and repeat set on other side.

Bird Dog

1. On hands and knees, flat back.
2. Lift right arm forward, extend left leg straight back.
3. Lower arm and leg, and repeat with the left arm and right leg.
4. Repeat for desired number of repetitions

Side Bridge

1. Lie on side, propped up on your elbow, which should be under your shoulder.
2. Legs straight, top foot on the ground in front of bottom foot.
3. Lift hips up off the ground. Maintain straight line from head to feet.
4. Hold and repeat on other side.