

LOW BACK PAIN

PRACTICAL EXERCISE GUIDE FOR YOUR SPINE

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**MESTRADO
PROFISSIONAL
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DA SAÚDE E DO MEIO AMBIENTE**



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Presentation

If you are reading this content it is because you feel, or have already felt, low back pain, or even know someone who is experiencing this problem.

Low back pain or low back pain is a symptom that affects a large part of the world's population.

Today we can see a large number of absenteeism (removal from the workplace) due to workplace issues, many employees seek physiotherapeutic care for rehabilitation of WMSD/RSI (work-related Osteomioarticular Disorder/Repetitive Strain Injury).

This booklet aims to teach individuals who experience low back pain, how to alleviate their condition by performing exercises without needing to use medication, and without the guidance of a professional.

But how did we get here? We sought information in scientific articles and research with people who live with this pain, they talked about how they alleviate the pain and even about the fear of disability that this pain causes.



Presentation

This reading will help you understand what low back pain is, how it happens and how it can be treated at home, with the aim of promoting pain relief without leaving home and without the help of a healthcare professional.

Let's go!



DO YOU KNOW WHAT LIMBALGIA IS?



Low back pain is pain located in the lumbar spine.



What is Low Back Pain?

Before we talk about low back pain, do you know what pain is?

Well, we can define pain as an irritating and subjective sensation, that is, each person will feel it differently.

But what does it mean to feel pain?

It is a dysfunction that involves emotional sensation, where we can feel when moving and even when we are still, it can be intense or gradual pain on a recurring basis.

Pain is a symptom of some pathology, in this case, it is pain that affects the muscles in the lower back, just below the last costal arches.

Pain can be defined as acute or chronic, acute pain is the immediate pain, the pain we feel right after a fall, chronic pain is the pain that persists for longer, for more than three months, varying in intensity.



What is Low Back Pain?

In the case of people with low back pain, the individual may sleep and wake up with pain, limiting the person from carrying out their daily activities, such as simple activities: sweeping a house, getting out of bed, walking from one room to another...

Low back pain is considered a chronic pain, patients often resort to self-medication to relieve the pain, but when this intervention does not resolve the issue, the individual seeks out a specialist, who in turn refers them to the physiotherapy sector.

In some cases, the person only seeks medical help when the pain is disabling, which makes treatment even more difficult, as the condition is already established.

In Brazil, 80% of people have reported low back pain!

People live with pain, as if it were already part of their lives!



RISK FACTORS OF LBP.



Activities that cause pain in the lumbar spine.



Low back pain risk factors:

As this is an overload on the muscles of the lumbar spine, any activity that will be carried out involving this muscle group can increasingly affect the muscle, increasing its tension.

- 1- Perform the same task repeatedly;
- 2- Work quickly for short periods;
- 3- Working in the same position for long periods;
- 4- Working in uncomfortable positions and/or in small spaces;
- 5- Bending or twisting your back in an uncomfortable way;
- 6 – When we pick up something from the floor and lean our spine forward;
- 7 – Sleeping on your stomach;



HOW TO QUANTIFY YOUR LOWER PAIN.



**You can measure the
level of your pain.**



How to quantify your low back pain:

Pain Scale/Visual Pain Scale

We are here to show that with simple stretching exercises, you can alleviate pain, and even better, when you do them every day, you avoid experiencing intense pain, which we call pain.

But, before continuing, do you know how to quantify your pain?

Do you know how important this analysis is for healthcare professionals?

For health professionals, pain assessment is extremely important, as it is based on this that we will outline the next steps of treatment, such as the type of medication and exercise most suitable for improving treatment.

Most of the time, patients are referred to the physiotherapy sector, to alleviate their pain (remember him?); When the patient arrives at the physiotherapy department, the first thing they are presented with is the visual analogue scale.



How to quantify your low back pain:

Visual pain scale



The patient signals the little face that represents their pain, and from there we will quantify the individual's pain as follows:

0 - no pain

1 to 3 - mild pain

3 to 5 - moderate pain

5 to 7 - severe pain

7 to 9 - very severe pain

9 to 10 - worst possible pain

Now that you know how to quantify your pain, we can start....

How to quantify your low back pain:

As already mentioned above, most individuals resort to self-medication to relieve pain, what you need to understand is that there is an effective approach where you can stretch the muscle fibers, and with this extensibility carried out repetitively, we can promote stretching of the muscles involved and relieve pain.



PAIN QUESTIONNAIRE



Assess the level of your low back pain.



Pain Questionnaire

The following questionnaire is a collection of information, observe how many answers were “yes”, and this way you will know how to identify when your pain appears and when it worsens. And so, by using this Ebook you will learn more about your pain situation and this way to be able to do the stretching.



Pain Questionnaire

1. Do you sleep and wake up in pain?

Yes No

2. Have you had this low back pain for more than 3 months?

Yes No

3. Have you ever taken any medication on your own to relieve pain?

Yes No

4. Do you feel that this pain limits you from carrying out your day-to-day activities?

Yes No

5. Have you ever felt that your spine locked while carrying out an activity?

Yes No



Pain Questionnaire

6. Do I feel numbness and/or tingling in my legs?

Yes No

7. When I'm sitting/lying down, do I look for a better position to relieve the pain?

Yes No

8. Do you practice any physical activity?

Yes No

9. Do you undergo any physiotherapeutic treatment?

Yes No

10. Did you do any exercise to relieve the pain?

Yes No



EXERCISES FOR LOW BACK PAIN.



You can relieve your lower back pain at home.



Exercises for low back pain

Important: Before starting the sequence of exercises, it is extremely important that if your pain is disabling, it is recommended that you seek a professional (orthopedist and/or physiotherapist) so that a specific test or examination can be carried out.

What is stretching?

This is when we remove the muscle fibers, in this case the muscles that are tensioned by the overload are in contraction, which is why stretching is recommended.

Now let's learn how to perform exercises to stretch these muscles, these exercises must be performed twice a day (we suggest once in the morning, when waking up; and at night when going to bed), we must perform each exercise repeating 2 times, and keeping the stretches for thirty seconds, we must maintain 10 seconds of rest between one stretch and another.



Exercises for low back pain

It will take you on average 5 to 10 minutes to perform the exercise sequences. We will need a mat (it can be the bed, not the sofa), half of a pool noodle cut in half, breathe as follows: inhale through the nose (pull air through the nose) and exhale through the mouth (release air through your mouth).

Guidelines: So that you can perform the exercises correctly, we will wear comfortable clothing, such as gym clothes, and we will follow the breathing pattern as follows: you will inhale through the nose and exhale through the mouth, that is, pull the air through the nose and released through the mouth;



EXERCISE 1

Lying face up, on a mat or in bed, with legs bent, the individual will pull one leg towards the chest and hold it with both hands clasped at the back of the knee, the stretched leg must be stretched, the individual will leave the foot straight with the toes towards their nose. The same must be repeated with the other leg.



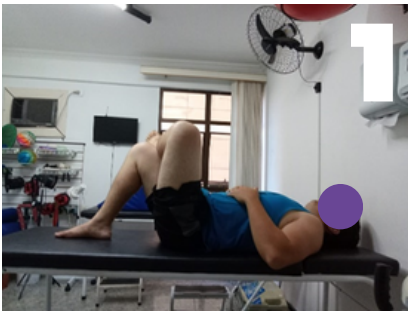
EXERCISE 2

Lying on a mat, your legs should be bent, you will pull both legs towards your chest, place one hand behind each knee, keeping both legs stretched towards the ceiling, your feet should be straight, with your feet fingers towards your nose.



EXERCISE 3

Lying on a mat, one leg will be bent, resting on the mat and the other will be crossed on top of the supported leg, with the heel close to the knee of the supported leg, the individual will pull the supported leg towards the chest, the hands should be on the back of the thigh, which is toward the chest. It must be repeated with the other leg.



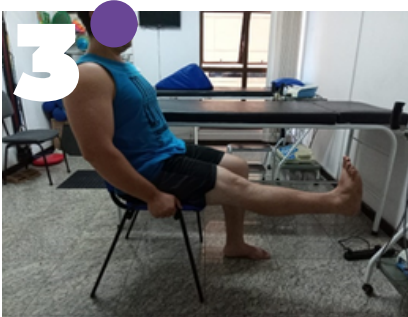
EXERCISE 4

Individual lying on a mat, with legs bent, we will place a pool noodle/PVC pipe under the buttocks, the individual will contract the abdomen forcing the lumbar spine towards the mat, we will hold for 30 seconds.



EXERCISE 5

Sitting on a chair with the back against the support, the individual will remain with one leg supported with the foot on the floor and the other leg will be stretched forward; you must repeat with the other leg, the foot must be straight with the toes towards your umbilical scar.



EXERCISE 6

Individual sitting in a chair with their back against the support, the individual will lean their spine forward with their head towards their knees.



EXERCISE 7

Standing, with your spine against the wall, your knees should be semi-flexed, you will lean your spine forward, keeping your chin towards your chest and your arms along your body.



Congratulations!

These exercises you just learned are a routine for your muscles to memorize the state of stretching, and this way the tense muscles remain relaxed for longer. And in this way, it promotes relief from the pain, and consequently improving the quality of life and thus avoiding self-medication.

Congratulations! Now that you have learned how to perform stretching exercises, understand that you are not alone on this journey. If you experience difficulty performing any type of exercise, seek out a physiotherapist for a more specific consultation.



Ebook for Physiotherapists

This Ebook aims to assist in the treatment of low back pain/low back pain. Professional physiotherapists can use this practical guide to improve the care of their patients and prescribe this guide so that they can do the exercises at home.

Treatment protocol for low back pain:

- Electrothermophototherapy to relieve pain according to the physiotherapist's assessment and knowledge;
- It is recommended that patients undergoing treatment be reassessed to find out the level of pain using the visual pain scale. If an improvement is observed with the use of electrothermophototherapy, it is recommended that stretching exercises be started, which should be Perform 3 repetitions of 20-30 seconds each stretch.



Authors



Graduated in Physiotherapy from Centro Universitário de Barra Mansa - UBM (2006), Postgraduate in Acupuncture from Instituto Superior de Ciências da Saúde (2018), Consultant in Ergonomics (2019) from PHD Saúde Corporativa, Postgraduate in Occupational Physiotherapy and Ergonomics (2022), Improvement Course in Electrothermal Phototherapy (2022), Speaker in the V Cycle of Debates in Basic Education with the theme: Nomofobia - The hidden addiction in Current Education (UniFOA 2022), Master's student at UniFOA in the professional master's degree in Teaching in Health Sciences and the Environment. He is currently a professor at Estácio de Sá University in Physiotherapy, Biomedicine and Nutrition courses; professor at the Universalis Postgraduate course in Acupuncture. I have professional experience in the areas of trauma, orthopedics, pediatrics and acupuncture, working at Clínica Fisiomed - Fisioterapia.



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