

Back Pain & Spasms



Scan this QR Code to access a detailed video that enhances the information in this handout. It includes step by step guidance and visual demonstrations for each exercise.

What are back spasms?

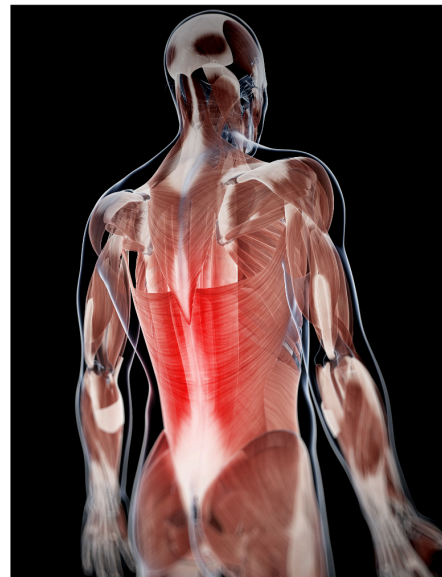
Back spasms often result from myofascial trigger points, also known as muscle knots. These knots cause muscles to tighten, harden, and become painful. Factors contributing to their formation include injury, poor posture, repetitive movements, chronic tension, or even a poor night's sleep.

How is it treated?

Treating trigger points effectively requires a multimodal approach. Applying heat can enhance blood flow and relax muscles. Daily stretching of the affected muscles improves mobility and range of motion. Engaging in aerobic exercises, like walking or stationary bike, enhances circulation and reduces pain. Additionally, using a massage ball for acupressure therapy can help break up the muscle knots.

How to prevent back spasms?

Ensure your work and office ergonomics are optimal. Regularly take breaks and engage in stretching exercises to avoid tightness. Addressing early, mild symptoms promptly can often prevent them from worsening.



Back Spasm Stretches & Exercises

Consistent stretching can accelerate recovery and prevent recurrence. The following stretching regimen can be done in 5 minutes and should be done 2-3 times daily.

Cat Cow

- Objective: mobilize the spine and improve flexibility
- Start on your hands and knees. Arch your back upwards into a "cat" position, then lower your belly, lifting your head and tailbone into the "cow" position. Alternate slowly between the two.
- Perform for 30 seconds.



Back Extension

- Objective: stretch and strengthen the lower back muscles
- Lie face down with your hands under your shoulders. Slowly lift your chest off the floor, keeping your hips on the ground.
- Hold for 30 seconds.



Knee to Chest

- Objective: Stretch the lower back and hips.
- Lie on your back, pull one knee toward your chest while keeping the other leg extended on the floor.
- Hold for 30 seconds on each side.



Lying Trunk Rotation

- Objective: Stretch and mobilize the spine and lower back.
- Lie on your back with one leg straight and the other knee bent. Gently guide the bent knee across your body toward the floor while keeping your shoulders flat on the ground.
- Hold for 30 seconds on each side.



Seated Hamstring Stretch

- Objective: Stretch the hamstrings and relieve tension in the lower back.
- Sit with one leg extended and the other leg bent inward. Reach forward toward your toes on the extended leg, keeping your back straight.
- Hold for 30 seconds on each side.



Gluteal Stretch (Pigeon Pose)

- Objective: Stretch the glutes and relieve lower back tension.
- Start in a hands-and-knees position. Bring one knee forward and place it behind your opposite hand, while extending the other leg straight back. Gently lower your hips toward the floor and lean forward over the bent leg.
- Hold for 30 seconds on each side.



Child's Pose

- Objective: Stretch the lower back and relax the spine.
- Start on your hands and knees, then sit back on your heels while reaching your arms forward. Let your forehead rest on the ground and relax.
- Hold for 30 seconds.

