

# Back Injury

Emergency Department

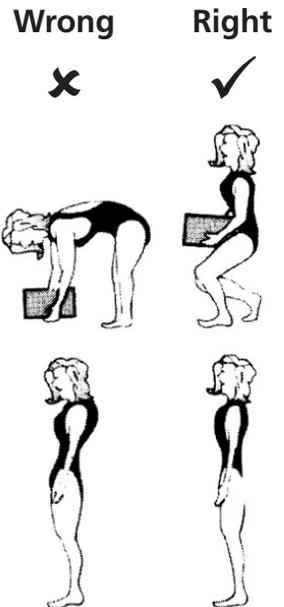
The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.

# Advice following a back injury

After a strain to your back it is important to follow these instructions to help aid your recovery:

- When lifting, keep your back straight and bend from your hips and knees. Try and keep your arms and the object close to your body and lift by straightening your legs.
- Sleep on a firm mattress.
- Make sure your desk is at a correct height, you are not bending down, and that the surface you are working on is at hip level.
- Sit in a chair that supports your back and thighs properly.
- When getting out of bed, first roll over onto your side and swing both your legs over the edge of the bed, then use your elbows to push up.



## What is your back made of?

Your back is made up of bones called vertebrae and in between these are pads which help absorb shock. The following are common causes of back pain:

- Bad posture.
- Wear and tear.
- Pulled muscles or ligaments.

### After a back injury you should:

- Avoid poor posture.
- Maintain upright posture.
- Try and maintain your normal spinal curves by sitting up straight.

## Do the following exercises:

1. Apply heat over your muscles to help you relax.
2. Lie face down with a cushion underneath your stomach (if this causes pain, adjust the pillows). Try this for 20 minutes.
3. Then try to prop yourself up on your elbows for 10 seconds.
4. Roll over on your good side whilst putting a rolled towel or cushion under your waist, relax in this position for 20 minutes.
5. Lie on your front and lean on your elbows. Try and push the small of your lower back into the floor and then relax. Repeat this 10 times an hour.

It is also important to keep fit and avoid being overweight.

Swimming is the perfect exercise for this.

## Back to work

*Always* keep your back straight.



## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。