

Sprain- Back

What is it?

- **Sprain-Back**– is usually caused by strained back muscles, also called pulled back muscles; most common cause of low back pain; torn or overstretched muscle, when a muscle contraction is held too long, a ligament injury

Symptoms:

- **Symptoms**- inflammation, pain, muscle spasms, may be mild or severe, fatigue, strain, sudden movements, car accident, swelling with little or no bruising



Facts:

- **Caused by**- the overuse of a muscle, overloading a muscle, stressed beyond its limit, lifting something too heavy, poor posture, falling down, unexpected twisting of the back, repetitive movements, increasing back exercises too quickly
 - **Weak Muscles**- more easily overloaded and injured than strong muscles
- **Prevention**- proper lifting techniques, posture
- **Healing Time**- depends on the severity of the sprain; takes about 6 to 8 weeks to heal but depend on the severity
- **Resolves**- usually without any treatment within 2 weeks to 2 months



What can I do?

- **See your Health Care Provider**- for more information
 - **Treatment**- anti inflammatory medications, applying heat and cold, DO NOT APPLY ICE DIRECTLY TO THE SKIN; cold helps to reduce the skin and do for 15 to 20 minutes every 3 to 4 hours for 2 to 3 days; after 5 days apply heat for 15 to 20 minutes with the heat increasing the blood flow and also helps to relax tight back muscles; hydrotherapy, Icy Hot Pads or Biofreeze; talk with a Physical Therapist about exercise after talking with your health care professional
 - **Circulation Problems or Nerve Damage**- do not apply heat or cold unless recommended by your health care professional

