



Performance  
Physical Therapy

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### Back Pain Limiting Your Spring Activities?

The best option for treating back pain is to prevent it. This is especially important if you have had back pain in the past, as once you have suffered from back pain you are predisposed for recurrence. Consider all of these points in your quest to prevent back pain interfering with your spring activities:

- ⇒ If you play golf or tennis, be fitted by a professional for the equipment that is best for you. In addition, periodically have a professional check your form, especially if you are new to the game. Proper form will help you avoid added stress on your back.
- ⇒ Avoid other risk factors for back pain. These include maintaining a healthy weight, avoid smoking, avoid slouching and other poor posture habits and use good body mechanics - lift with your legs & avoid twisting motions of the spine.
- ⇒ Whatever activity you enjoy in the spring be sure to participate in a regular conditioning program that includes cardio-vascular exercise (such as swimming, biking, walking or running), stretching to maintain flexibility and strengthening.
- ⇒ Strengthen the core! Studies have demonstrated the role of the deep abdominal and low back muscles (known as the core) in providing stability to the low back, by acting like a corset.
- ⇒ Increase your use of the core muscles by trying to draw your navel in towards the spine. This can take some practice! Try this when lying, sitting, standing, then do it when walking, bending, lifting and participating in any recreational activity, such as gardening or sport. Ask your Physical Therapist for more information on specific exercises to strengthen the core.



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

**Ph: 401-726-7100 or 401-435-4540**

**6 Convenient Rhode Island Locations**

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