

# Help I can't Move!

## First Aid for Backs

Acute low back pain can be severe, it is both debilitating and frightening as it is impossible to move without significant pain. In the majority of cases there is nothing seriously wrong and the condition will resolve rapidly with the correct input.

In a small number of cases you may need medical attention for example if there is a traumatic onset, falls, car accidents etc, an X-ray maybe necessary to exclude the risk of fracture.

If you are suffering with shooting pains down the leg, numbness and loose the ability to urinate this needs rapid medical intervention - you should get to hospital.

For the majority of people you maybe almost incapable of movement here are some tips for the short term:

1. Try to remain as mobile as you can, if you cannot walk or sit try lying on your back or side and gentle moving your knees up and down to keep things moving.
2. Use hot and cold as described in PDF Hot and Cold Treatment.
3. Sleep— you may only be able to sleep for short periods, waking when you move. Some people find it better to sleep on the floor, try using cushions to get in a more comfortable position.
4. Avoid sitting In soft chairs as you may be able to get comfortable, but you won't be able to get out. A firm arm chair with arm rests is better.
5. As you become more mobile try to stand and sway from side to side, just to keep the joints moving and help with circulation.
6. Over the counter anti-inflammatories are useful in the initial stages to help reduce swelling and keep you more mobile, always take them with food. Consult your pharmacist for advice.
7. Consult your osteopath for advice, they may not be able to treat you if you immediately if you are really severe but they can often reduce spasm and get you moving sooner than you might think.

**Remember that the majority of cases resolve rapidly with the correct advice and treatment.**

See our other hand outs including:

Hot & Cold Treatment  
Risk Factors for Low Back Pain  
As we Grow Older

