

Office Workers Experiencing Low Back Pain



What is low back pain?

Many things can contribute to feeling pain, such as:

- Prolonged sitting
- Improper sitting posture
- Stress and anxiety
- Poor sleep

Will my pain go away?

- The duration of pain can vary from one individual to another. Pain can last a few days, weeks or longer
- Receiving treatment may relieve the pain and help you return to activities you enjoy

What can I do?

To help speed up your recovery:

- Participate in your care with your healthcare provider
- Continue day-to-day activities even if you experience some pain (within reason)

Potential treatment options to discuss with your healthcare provider

- Manipulation^{a,b} or mobilization^b
- Strengthening and stretching exercises^b ([click here for examples](#))
- Massage^b
- Acupuncture^b
- Cognitive/behavioural approaches^b
- Muscle relaxants^a NSAIDs^b

Contact your healthcare provider if you experience any of the following

- Unexplained deformity, swelling or redness of the skin
- Weakness not due to pain
- Fever/chills/feeling ill
- Trouble breathing
- Inability to perform movements
- Pain at rest
- Sudden weight loss or loss of appetite

*Non-specific low back pain is defined as low back pain not caused by specific pathologies (e.g., fracture, dislocation, tumor, infection or systemic disease).

^aBack pain ≤ 3 months duration | ^bBack pain > 3 months duration

Côté P, Shearer HM, Ameis A, et al. Enabling recovery from common traffic injuries: a focus on the injured person. UOIT-CMCC Centre for Disability Prevention and Rehabilitation. 2015 and Bussi eres AE, Stewart G, Al-Zoubi F. et al. Spinal manipulative therapy and other conservative treatments for low back pain: a guideline from the Canadian Chiropractic Guideline Initiative. J Manipulative Physiol Ther. 2018;1-29.

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Cat Stretch

Kneel on all fours, hands beneath your shoulders, knees beneath your hips. Tuck your chin in and your tail underneath you and round your back towards the ceiling. Then lower your back down, arching your back the other way. Repeat 10 times.



Figure 4 Stretch—Seated

Place your left ankle onto your right knee and keeping the back straight, lean forwards from the hips, feeling the stretch in your left buttock. Hold for 20-30 seconds then repeat with the other leg.



Bird-Dog

Kneel on all-fours, hands beneath your shoulders, knees beneath your hips. Keeping your back flat and your stomach muscles engaged, stretch one leg straight out behind you, lifting it horizontally off the floor. Repeat with the other leg. Then repeat with alternate arms instead of legs. Repeat 10 times.



Supine Bridge

Lie on your back, knees bent, feet flat on the floor, hip-width apart. Tighten your stomach muscles and gently squeeze your gluteal muscles. Lift the hips off the floor to make a straight line from your shoulders to your knees. Slowly lower back to the floor. Repeat 10 times.

For more exercises and videos visit the [patient resources](#) on our website

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