

# Qsteopathy

## Slips, Trips and Falls!

Snow and ice bring a number of patients to the clinic each year following trips or falls. The most common injury isn't that comedy sketch fall where you go completely head over heels, but instead that common little skid on the ice, arms fly out to the side and you jar your lower back.

### Why does my back hurt?

When your foot slides forward, to prevent you falling flat onto your bottom, your lower back arches. This places a great deal of compression on the joints in the lumbar spine, frequently causing a locking of the spinal joints and a subsequent spasming of the muscles. If one foot is in front of the other during the slip, the lower back can rotate to one side and lock, leaving you feeling very 'wonky'.

### What can I do to help myself?

**Ironically ice...** The joints have locked in your lower back and movement irritates the area drawing in inflammation. 5 minutes (whilst wrapped up nice and warm) with an ice pack over the area a few times a day will calm the inflammation.

**Gentle movement...** Lie on your back and gently bend one knee then the other into the chest. Gently rock your knees up and down and just a couple of inches side to side, this is an example of how to do this.

**Psoas stretch...** If your lower back has twisted this very powerful hip flexor can often spasm, keeping it twisted. Stretching this muscle can help reduce the compression in the lower back.

For further advice, to book an appointment for treatment or to discuss your business needs, contact Q-Osteopathy & Back Care Clinic 07515 473373 or [pfmquade222@icloud.com](mailto:pfmquade222@icloud.com)



Try Something New!!