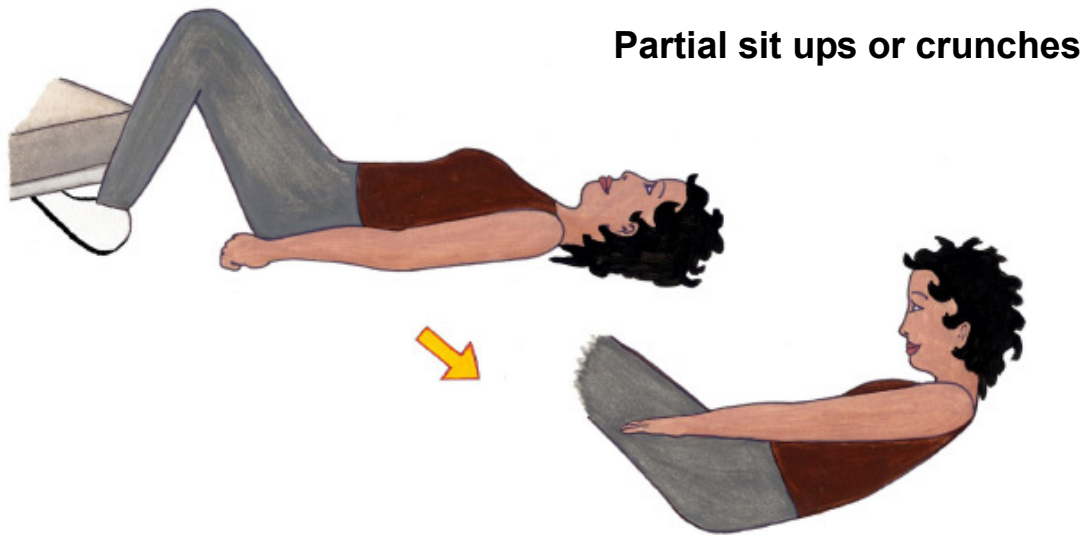
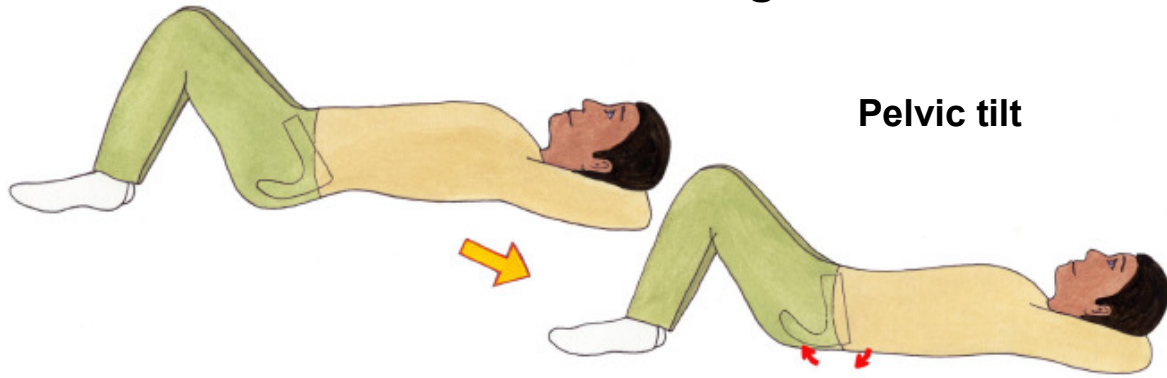


## Exercises to strengthen back muscles:



## BACK PAIN



What causes back pain?



**What are some treatments for acute back pain?**

**Name 7 things that you notice here.**

**Treatment for acute back pain:**

1. Reduce activity for a few days.
2. Apply ice for up to two days. After three days, heat may be applied.
3. Give a pain reliever such as Paracetamol for pain.
4. Sleep on a firm mattress.
5. Sleep with a pillow between the legs.
6. Stand with one foot resting on a box.
7. After the pain is better, do stretching movements.
  - Lie flat on your back with legs elevated.
  - Sit and lower your head to your knees.
  - Stand with your hands on your lower back. Lean back.

