What to do for lower back pain when bending over

Follow these source-based actions in the first days of lower back pain and when lifting afterwards.

- [ ] Reduce normal activity for the first few days only, then stay as active as possible.
- [ ] Use ice for the first 48 to 72 hours, then switch to heat.
- [ ] Follow the package directions on any over-the-counter pain reliever.
- [ ] Sleep on one side with a pillow between the knees.
- [ ] Avoid heavy lifting and twisting for the first 6 weeks.
- [ ] Bend at the knees, not the waist, and hold the load close to the body.
- [ ] Turn by moving the feet instead of twisting the back.
- [ ] Ask a physical therapist when stretching and strengthening are safe to start.
- [ ] See a doctor when the pain lasts longer than 4 weeks.
- [ ] Seek urgent care for bladder or bowel changes, numbness, leg weakness or fever.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/lower-back-pain-when-bending-over/