

## Back Pain

### What is back pain?

Pain that occurs in either the upper, middle, or lower back area. Pain may stay localized in the back or radiate down one or both legs.

### What causes back pain?

This pain can be muscular, neurologic, or systemic. Most cases are caused by muscular strain of the many large and small muscles in the back.

### Treatment

At onset, rest, and ice for 48 hours, then heat progressing to gentle movements to increase range of motion in a pain-free manor. Sleeping on your side with a pillow between the knees may ease the irritation. Progressing back to the sport begins with straight line activities, then progressing to cutting and changing directions.

### Prevention

1. Strengthening in the core which includes the low back and abdominals.
2. Keeping in shape with aerobic conditioning, pre-season and post-season.
3. Maintaining good flexibility with hamstrings, hip flexors and spine will decrease your chances for injury.

## STRETCHES: HOLD FOR 30 SECS, 3 REPS

*Quadriceps*



*Hip flexor*



*Hamstrings*



*Calf*



## STRENGTHENING: 2-3 SETS OF 8-12 REPS

*Clams*



*Single leg squats*



*Single leg bridge*



**Please call the Sports  
Medicine Center for  
Young Athletes with  
any questions:  
510-428-3558, option 3**

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