

哪些锻炼比较好?

牵伸和力量训练在长期锻炼中最为重要,但在早期恢复阶段锻炼过猛则可能会加重疼痛。因此,我们最好从有氧运动开始。在症状开始的两周后,步行、游泳都是很好的选择。这些有氧运动有助于改善血循、促进修复,同时还可以强化腰背部和腹部肌肉。

应该避免的锻炼有哪些?

在早期恢复阶段,应尽量避免以下锻炼:(除非您的医生

- 跑步
- 对抗性运动
- 使用球拍的运动
- 高尔夫球
- 跳舞
- 举重
- 俯卧时后抬腿

物理治疗师要做什么?

首先,物理治疗师要用一些方法来减轻疼痛和炎性反应,如:轻柔的拉伸运动、冰敷、热疗、超声波治疗和电疗等。物理治疗师还会教您如何正确移动,来避免扭转、弯曲及不适当的承重。当您的腰背部足够强壮时,物理治疗师还会教您牵伸及力量训练以避免腰痛的复发。

改善您的日常行为习惯

活动方式、站立姿势、坐姿情况都会影响您的腰部。

站立

保持好的站姿非常重要。耳朵、肩膀、髋关节应该在一条直线上。眼睛要平视前方,这样可以保证头和颈部在正确的位置上。

行走

如果您的工作需要大量步行,要穿平跟鞋。

坐

从以下几方面检查您的椅子:

- 直背椅子并有适当的线条
- 可调的座椅和椅背,根据您电脑显示器的位置调整椅子的长度
- 可旋转,这样可以避免旋转您的腰部
- 有扶手,减轻部分背部负担



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Healthcare for Life!

Low Back Pain Rehabilitation

腰痛的康复

What should you do when you have low back pain?

When pain first arrives, it is important to treat it right away. It is easier to relieve pain at its first occurrence. Most pain can be resolved after a week, and completely healed after 4-6 weeks.

Contact your healthcare provider to schedule an examination at the first occurrence of pain. A physician can help you discover whether or not there are potentially serious problems causing the pain. If you are experiencing any of the following symptoms or conditions, seek medical attention immediately:

- Pain accompanied by fever.
- Pain that worsens when lying down.
- Pain unrelated to activity (in other words, no specific action increases or decreases your pain, the pain is just persistent).
- Pain accompanied by weight loss.
- A long history of drug or steroid use.
- Back pain accompanied by urinary symptoms such as dysuria or hematuria.
- Sharp pain.
- Uncontrollable urination or defecation.
- Numbness in the lower limbs or hip area.

Exercise and physical therapy

Exercise and physical therapy will help in several ways. You will learn physical therapist-approved training methods, resulting in a faster recovery and reducing the reoccurrence of injury. Utilize exercise and physical therapy to achieve the following:

- Learn correct posture.
- Strengthen and increase flexibility in your lower back.
- Return to work faster.
- Make it easier to engage in family and social activities.
- Lose weight.
- Prevent falls (especially with spinal stenosis patients).
- Improve flexibility.

What exercise is best?

Stretching and strength training result in the best outcomes in the long run, stretching and strength training result in the best outcomes, but too aggressive of a start may aggravate your pain. Start easy with simple aerobic exercise, like walking, and swimming after two weeks of experiencing symptoms. These aerobic exercises help to improve blood circulation, promote healing, and can also strengthen the lower back and abdominal muscles.

What exercises should be avoided?

In early recovery phase, avoid the following exercises (unless recommended by your physician and physical therapist):

- Running
- Resistance training
- Racket sports
- Golf
- Dance
- Weightlifting
- Exercises that require you to lift your leg while lying facedown.

What will a physical therapist do to help?

First, your physical therapist will use techniques to reduce pain and inflammation, such as gentle stretching exercises, light ice or heat compression, ultrasound therapy, or electrotherapy. Your physical therapist will also teach you how to move correctly and avoid twisting, bending, and loading improperly. When your lower back is strong enough, your physical therapist will teach you how to stretch and start strength training in order to avoid the recurrence of lower back pain.

Easy tips to improve your everyday habits

Physical activities, standing, and sitting can affect your lower back.

Standing

It is very important to maintain a good standing posture. Your ears, shoulders, and hips should be aligned in a straight line. Look straight ahead so you can ensure that your head and neck are in the correct position.

Walking

If your job requires a lot of walking, wear flat soled shoes.

Sitting

Your chair should have the following:

- A straight back with appropriate alignment.
- An adjustable seat and back aligned with your computer monitor according to the height of the chair.
- Rotatable so you can rotate your waist to avoid further strain or injury.
- Armrests to relieve the burden on your back.

当出现疼痛时应该怎么做？

在第一次出现疼痛时，采取正确的处理方式是非常重要的，可以使您更快恢复。很多人会在疼痛出现后1周内好转，4到6周后完全缓解。

在初次腰痛发作的时候就应该去医院，以便得到完整的检查。医生可以帮助您发现是否存在潜在的严重问题。

- 疼痛同时伴有发热
- 躺下时疼痛加重
- 疼痛与活动无关。换句话说，某个特定的动作不能加重或减轻疼痛，疼痛呈持续性
- 伴有体重减轻
- 有长期的固醇类药物用药史
- 腰痛同时伴有尿路症状，如尿痛或血尿
- 有尖锐的疼痛
- 不能控制排便排尿
- 臀部、会阴区麻木、不对称性下肢麻木无力

锻炼及物理治疗

锻炼及物理治疗可以从几个方面帮助您。您可以向物理治疗师学习正确的锻炼方法，使自己更快恢复并减少复发。通过锻炼及物理治疗要达到以下目标：

- 学会正确的姿势
- 使腰背部更强壮更柔韧
- 更快恢复工作
- 更轻松完成家庭及社会活动
- 协助减轻体重
- 预防跌倒（特别是椎管狭窄的患者）
- 改善自身感觉