
Low Back Injury Protocols

1. For severe pain, use an icepack for 15-20 minutes. Remove for at least one hour and repeat for another 15-20 minutes. Continue as often as necessary to reduce the pain and swelling until I see you at your next visit.
2. For mild to moderate pain, use an icepack for 15-20 minutes. Repeat as often as necessary at least 2-3 times per day.
3. After 48 hours, a hot bath or shower can be used to increase circulation.
4. Don't sit in soft chairs. Use firm chairs and sit upright. A small rolled towel or pillow can be placed in the small of the back to give support. If in severe pain, don't sit for more than 20 minutes. Stand and move around for a minute or two, then sit down again.
5. Don't lie on a couch. Use a bed to lie on. Don't prop your head up and read or watch TV in bed. Don't sleep with a heating pad or on your stomach. A pillow can be used under your knees to relieve pressure when lying on your back. It can also be used between your knees when lying on your side.
6. Don't do any bending, stooping, lifting, vacuuming, stretching, exercising, etc. until you have been told that it is OK.
7. Your treatment schedule should be as follows:
 - Daily, until you have a significant decrease in pain. (15-20%)
 - Three times a week, until you are 50% improved.
 - Twice a week, until you are 80%.
 - Once a week, until you are 100%.
8. If you have any questions or problems, give me a call.

Dr. Galen

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