A Patients Guide To Back Pain

CVMC Rehabilitation Services Has Locations Throughout Central Vermont

Barre Health Center
225 South Main Street
Barre

Occupational Medicine and Rehabilitation Therapy Center
244 Granger Road
Berlin

Rehabilitation Therapy (Main)
1311 Barre Montpelier Road
Berlin

Rehabilitation Therapy - Mad River
Mad River Valley Office
4740 Main Street
Waitsfield

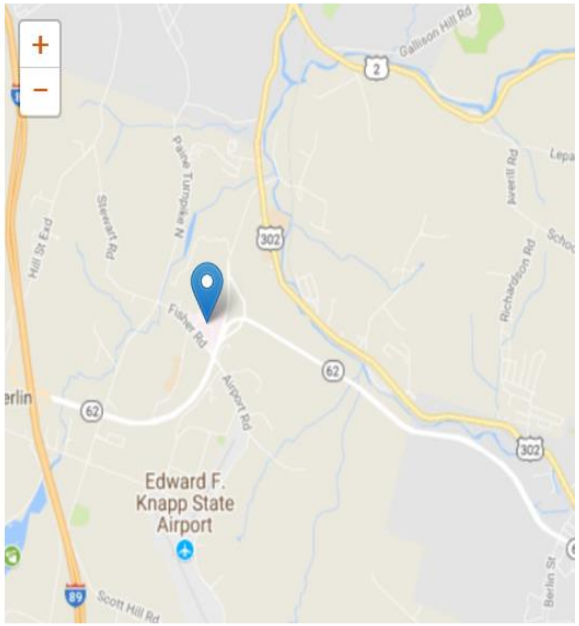
Waterbury Medical Center
130 South Main Street
Waterbury

Family Medicine - Berlin (UVMMC)

Family Medicine - Berlin
130 Fisher Road, Suite 3-1
Berlin, VT 05602

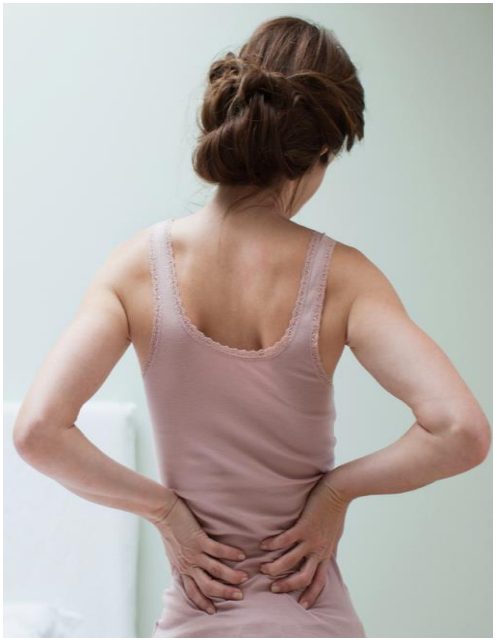
Main Phone: 802-225-7000
Main Fax: 802-225-7103

Get Directions



THE University of Vermont MEDICAL CENTER

Managing Lower Back Pain



Stay Active!

Although it can seem counter intuitive, one of the simplest, best things you can do for your back is moving your back.

Prolonged bed rest has been shown to actually worsen back pain and may cause it to take longer to heal.

Staying active will help to relieve muscle spasms and prevent losing muscle strength.

If your pain is severe temporary bed rest may be necessary, but rarely is this advised for more than a day.

Physical Therapy and Regular Exercise Can Promote Healing and Reduce Recurrence

If your back pain is severe or has lasted more four weeks your doctor may refer you to a physical therapist.

Physical therapists will work with you to create a formal exercise program to address your specific needs. They may directly supervise your sessions or help create plans for you to do at home.

We have many great physical therapists right here in central Vermont!

At home exercises

You should use exercises that increase your flexibility and strengthen the muscles that support your back.

Avoid exercises that that include twisting and bending the back, as well as anything that is very painful.

Many people find that pool aerobics allows for more movement and less back strain.

Pain Medications

Remember that pain medications only mask the pain, they do not address the underlying problem.

Only using pain medications without taking other steps will often lead to longer and more frequent episodes of pain.

Non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen are often helpful when taken on a regular basis for 3 to 5 days