

## **Tool #2 For Back Pain: Positioning**

We are going to recommend you try two different positions. The first position is usually suitable for all four types of back pain: FLEXORS, EXTENDERS, SHAKERS, AND COMPRESSORS.

If your back is extremely fired up with spasms and/or excruciating pain, you may want to do the following for a day or two. Lie down on your back and with your feet up on a leg wedge, pillows, stool, or chair.



Place an ice pack on your low back. Your preference. Let your back calm down.



Want to make our own ice pack? The recipe for an ice pack is as follows:

*2 large freezer bags  
1 cup rubbing alcohol  
4 cups of water*

*Mix rubbing alcohol and water in the freezer bag. Remove the air from the bag and zip. Put that bag into the second bag and remove the air from the second bag and zip. Put in the freezer overnight. Your ice pack should be nearly frozen but still bendable. Re-freeze as often as needed or until the bag leaks.*

If you are an extender you may want to try lying on a pillow or two under your abdomen or pelvis. Possibly progressing to lying without a pillow. Place an ice pack on your low back.

Use of a heating pad. If your back pain is chronic, you may want to use heat instead of ice. The heat can be used prior to exercises or stretching. However, take caution and do not get burned. It is easy to get a burn when you lie on a hot pack. The likelihood of a burn increases if you fall asleep with the hot pack on.