

# Ligament Sprain of the Back

## What is it?

An excessive range of movement and/or tear of the ligaments.

## What causes it?

Excessive or repetitive stress. Sudden or awkward movement.

## Symptoms

Pain, inflammation, restricted range of movement, particularly bending forwards and backwards

## Top Tips

Apply ice asap. Seek advice on rehab exercises

## How to Treat it

RICER. Painkillers and anti-inflammatories.



## Rehab

Gentle day to day activity. Once healed, after 6-8 weeks, mobility and strengthening exercises. Good posture and technique during activity.

## Definitions

**Sprain** – an overstretch or tear in the ligaments

**Ligament** – short band of tough, fibrous connective tissue, connecting bones and joints

**RICER** – rest, ice, compress, elevate and refer

## Associated Conditions

- Muscle Strain of the Back,
- Slipped Disc,
- Bulging Disc,
- Stress Fracture of the Vertebra (Spondylolysis)

## Get Help Now

### Products

Purchase sports injury products from Physique - [ice packs](#) or [gels](#)

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