

# Muscle Strain of the Back

## What is it?

Overstretching or exerting excessive force to a muscle and/or tendon. A common issue in the lumbar region.

## What causes it?

Weight overload or a sudden, sometimes awkward movement

## Symptoms

Pain, restricted range of movement, tension and tightness in back, abs, hip flexors and glutes.

## Top Tips

Apply cold packs asap. Seek advice on correct rehab exercises.

## How to Treat it

Ice pack/gels, anti-inflammatories and painkillers. Intermittent rest, lying on back on hard surface.



## Rehab

Alternating cold and hot packs. Start and end with cold. Cold to reduce inflammation. Heat to relax muscles. Gentle everyday activity, increasing to specific mobility and strengthening exercises.

## Definitions

**Strain** – injury to muscle or tendon. Classed as first degree, second degree or third degree increasing in severity

**Tendon** – strong connective tissue. Connects muscle to bone. Helps the body to move by exerting force, in conjunction with muscles, on to bones.

**Lumbar region** – lower back

**Abs or Abdominal muscles** – stomach muscles

**Hip Flexors** – a group of muscles located in the upper leg and torso.

**Glutes or Gluteal Muscles** – buttocks

## Associated Conditions

- Ligament Sprain 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](#), [heat packs](#) or [creams](#), [foam roller](#), [small physio balls](#)

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