

# FIRST AID FOR BACK INJURY

## IMPORTANT TO:

- ASSESS YOUR INJURY- is it a strain?  
Impact Injury? Should you be evacuated?
- Tell your crew so they can help you get better and not worse!

## TREATMENT

(For strained muscles, & *acute* pain)

- **First 24 hours:**
  - ICE/ OTC anti-inflammatory
  - Don't try to stretch it, reduce swelling first. Try recommended positions.
  - Be aware of leg pain with a back injury, it could be indicative of something serious. Numbness and/or radiating pain into the leg and/or foot could mean a nerve or disc inflammation
- **After First 24 hours:**
  - Switch to alternating heat and ice every 10 minutes. Try some of the recommended stretches if tolerated and if they do not increase your leg or back pain.
- **Recommendations to help your injury while on river:**
  - If rowing/motoring- **stand** during flat water-- sitting can exacerbate the pain
  - **Ask for help! Carrying/rowing/ etc...**
  - Use the river , ICE- to keep swelling down
  - Put on a back brace, if you have one

## SUGGESTED ITEMS TO KEEP IN THE FIRST AID KIT:

- Ice/Hot Water Bag
- Back Brace for Support
- This guide!!

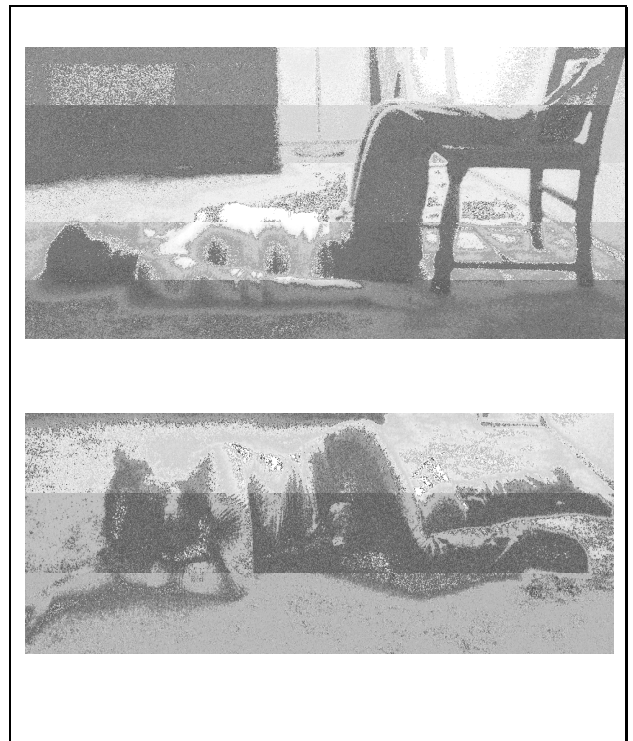
## RECOMMENDED POSITIONS:

- Supported resting position: 90 degrees over a cooler, on your back. Best position for disc, nerve or muscle injury.
- Figure 4- position of comfort- use towel or pillow under bent upper leg for support (3-5 minutes)

If you have numbness or radiating pain from the low back to hip, buttocks or leg---

**DO NOT STRETCH THE LEG!**

Bend the leg to a position of comfort with acute injury. After first 24 hours try some gentle movement, stretches.



*This information is for your general education purposes only. This information is not intended as a substitute for your healthcare professional's advice or treatment. If you are being treated for a back injury, exercise only under the direction of your healthcare professional.*