

## **Back Injuries**

Back injuries are common amongst runners. The lumbar spine or sacro-iliac joint (the joint between your pelvis and your lower back) can be very commonly injured in athletes. This usually happens as a result of poor technique and posture or overloading it during running; usually a combination of the two.

Often poor core stability is a factor along with tightness in your muscles as over 30 muscles attach to your pelvis!

Physiotherapists should be able to diagnose the condition and will treat the cause of the problem using primarily exercises. These may be to stretch tight muscles and strengthen any weak muscles particularly around the deeper core area. They may also use massage skills to release any tightness in the hip or back. Sometimes it will be necessary to manipulate the back to reduce pain or increase movement. We may also choose to use kinesio-tape to support the back and facilitate muscle activity. Alternatively we may supply you with a special belt to help stabilise your sacro-iliac joint.

Physiotherapists may use acupuncture to release tight muscles and relieve pain. The problem will settle with a gradual return to training accompanied by a core stability exercise program. Our 'ground breaking' weekly core strength class is designed for runners to improve control around the hip, back and pelvis.

***CORE STABILITY CLASSES RUN BY PHYSIOS WHO ARE ATHLETES, FOR ATHLETES. CONTACT US FOR DETAILS***

Contact Athlete Matters

**South Manchester Sports Injuries Clinic (Cheadle):** Tel: 0161 637 3633

Email: [info@smsiclinic.co.uk](mailto:info@smsiclinic.co.uk) Website [www.smsiclinic.co.uk](http://www.smsiclinic.co.uk)

**Worsley Physio & Sports Injuries Clinic:** Tel: 0161 702 9474

Email: [info@worsleyphysioclinic.co.uk](mailto:info@worsleyphysioclinic.co.uk) Website: [www.worsleyphysioclinic.co.uk](http://www.worsleyphysioclinic.co.uk)

**Preston Physio & Sports Injuries Clinic (Fulwood):** Tel: 01772 225401

Email: [info@prestonphysioclinic.co.uk](mailto:info@prestonphysioclinic.co.uk) Website: [www.prestonphysioclinic.com](http://www.prestonphysioclinic.com)

Or for a general enquiry please email: [info@athletematters.com](mailto:info@athletematters.com)

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