

## A guide for patients with lumbar facet joint sprain

### About the condition

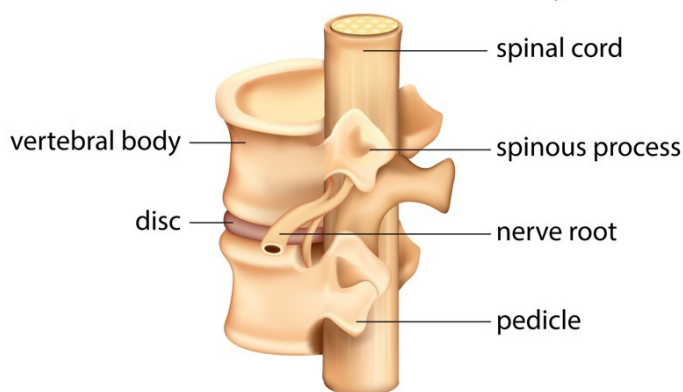
Facet joints are small joints behind the disc that help to support the spine and allow it to move. They are in almost constant motion and sprains or strains can occur. Facet joints are susceptible to wear and tear changes and bone spurs, known as osteophytes, can form at the edges of the joints.

### Symptoms

- Stiffness.
- Pain in the lower back.
- Restriction in movement.
- Creaking and clicking in the back.

### What you can do to help

- Always maintain good posture. Look at your work posture.
- Avoid staying in one position for too long. Keep moving.
- Take care when lifting or carrying as it can put a strain on your back. Always bend at the knees.
- Regularly carry out the exercises over the page as indicated by your physiotherapist.



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If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

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## Exercises



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Lying with your knees bent and feet on the floor. Lift your knees towards your chest.

Place your hands behind both knees and draw them towards your chest. Hold

\_\_\_\_\_ secs.

Repeat \_\_\_\_\_ times.



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Lying on your back with knees together and bent.

Slowly roll your knees from side to side keeping your upper trunk still.

Repeat \_\_\_\_\_ times.



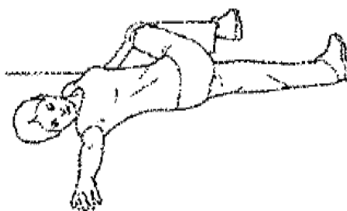
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**START POSITION:** Lie on back with legs bent and feet together.

Pull your belly button towards your spine without moving your back. Hold this position for 10s while breathing at a normal rate.

Hold for \_\_\_\_\_ secs.

Repeat \_\_\_\_\_ times.



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Lying on your back with one leg bent.

Bring your bent knee over the other leg and push your knee against the floor with the opposite hand. Then reach with the other arm to the opposite side looking in the same direction. You will feel the stretching in your lower back and bottom. Hold approx. 20 secs. - relax.

Repeat \_\_\_\_\_ times.