

## Active Rest

One of the most important things to do after injury is to **keep mobile**. Bed rest has been shown to make back pain worse as well as lead to muscle weakness, joint stiffness and decreased bone mass.

Movement on the other hand has been shown to:

1. **Accelerate the healing** of tendons, ligaments, muscle and bone. So, whatever you have injured movement is going to be good for it!
2. **Increase the strength** of recovering tissues.

## The Goldilocks Principle

As with most things in life, although too little may be bad, too much is not necessarily better.

Excessive or uncontrolled movement will disrupt healing and may cause further damage. We need to limit the strain on the lower back enough to reduce pain and sensitivity but keep it moving sufficiently to encourage proper healing. This is **active rest**.

You will have been given specific exercises to safely reintroduce movement to help speed up & enhance your recovery. These exercises should be pain free or cause only minimal discomfort (less than 4/10 pain).