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Queen may have sprained her back 'getting out of bed'

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Published Nov 15, 2021, 2:35pm | **Updated** Nov 15, 2021, 2:36pm

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The 95-year-old monarch may have injured herself by bending down (Picture: Getty Images)

The Queen may have injured her back in an innocuous everyday incident, an expert has claimed.

Award-winning osteopath Anisha Joshi speculated that the monarch, who missed Sunday's Remembrance service with a sprained back, could have hurt herself by twisting, bending down or 'getting out of bed awkwardly'.

The 95-year-old's absence from the Cenotaph was her latest health scare in recent weeks, after she had to undergo tests in hospital last month and was then told by doctors to rest and only perform light duties.

The Queen had been determined to attend the Remembrance service after resting and missing events like the Cop26 summit – with aides insisting late last week that she would take part.

But on Sunday morning, less than two hours before proceedings began in Whitehall, Buckingham Palace said: 'The Queen, having sprained her back, has decided this morning with great regret that she will not be able to attend today's Remembrance Sunday Service at the Cenotaph.'

They did not elaborate further on the injury.

Anisha, who treats professional athletes and celebrities like Rita Ora and Nick Grimshaw, told Metro.co.uk: 'The Queen straining her back may have been due to an awkward twist, bending down to get something, even getting out of bed awkwardly – all things that could happen to us in everyday life.

The Queen was seen being driven around the Sandringham Estate in Norfolk, on November 9 (Picture: Paul Marriott)

'There are usually multiple things that can predispose someone to getting pain or a strain in their back; it can be genetic, psychosocial, or age related as well.

'However, none of these things are anything to worry about, as gentle mobility and strengthening of the back will help with recover.'

It is thought that aides felt a car journey to the Cenotaph and standing up in public for a lengthy period risked aggravating her back following the injury.

On why it may have happened, Anisha added: 'Lower back pain is usually multi-factoral, which means that it's usually down to multiple structures that can be causing the pain.

'The most common cause of lower back pain is by either mechanical or soft tissue injuries.

'The most common cause that I've see in clinic is a muscle sprain.'

Anisha continued: 'A sprain is typically as a result of over-stretching and micro tears of affected ligaments, which connect the bones together.'

There have been concerns that, given her age, the Queen may need to slow down with her public duties.

But on Sunday, Prime Minister Boris Johnson told a Downing Street press conference that the Queen was 'very well'.

He said: 'I know that everybody will be wanting to offer their best wishes to Her Majesty the Queen and I just wanted to reassure everybody by saying that I did see the Queen for an audience last week on Wednesday in Windsor and she's very well.

'It shouldn't need saying but I just wanted to say it anyway.'

Buckingham Palace declined to comment on reports that there would be a **'change in pace' in the Queen's duties**, or on how she strained her back, when contacted by Metro.co.uk on Monday.

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