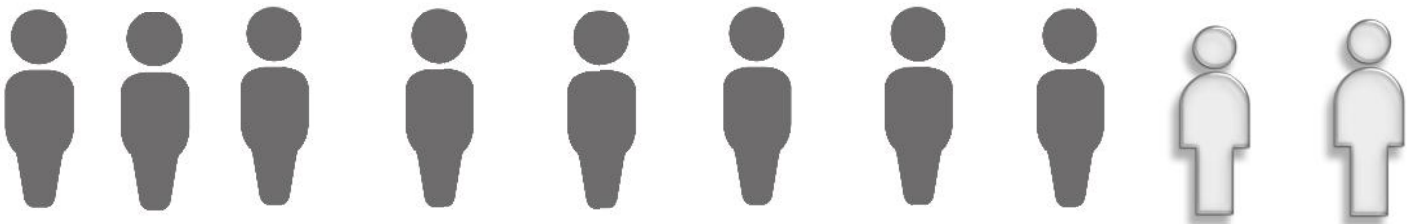


All about Back pain



8 out of 10 people will experience back pain at some point in their life!



Do's

- Keep moving as much as possible
- Gentle stretches
- Use heat for pain relief and to help ease muscle spasm
- Attend for physiotherapy for advise & treatment
- Keep working if possible
- Keep Calm: stress is proven to impact on back pain

Dont's

- Panic: 99% of back pain will resolve by itself or with conservative treatment
- Prolonged bed rest
- Rush to get a scan: 99% of people will not need a scan for a diagnosis
- Google your symptoms: info you read may not be correct

Lifestyle factors can negatively impact your back pain recovery:

- Smoking
- Sitting >8 hours per day
- Being overweight
- Low levels of regular exercise
- Stress
- Fear about pain
- Poor diet
- Negative beliefs about your body