

WHAT TO REMEMBER ABOUT BACK PAIN:

Everyone gets back pain, it is normal (like grey hair)

Back pain rarely means damage, it's mostly due to degenerative changes which are normal but something aggravates them

The cause is not as important as what you do about it

You do not have a slipped disc unless you have leg or arm pain

Scans and x-rays cannot always tell us what's hurting

Emergency signs of a serious back problem

Which need immediate treatment:

- Numbness in saddle region
- Unable to control bowel and bladder
- Numbness or pins and needles in both legs
- Unsteadiness on feet



TIPS ON MANAGING BACK PAIN

Break down myths about back pain

Educate and empower yourself (www.spinespace.co.uk)

Stay positive, relax and slow down the pace in your life

Practice relaxation, meditation or mindfulness

Reduce stress and tension in your life

If you cannot change circumstances, change how you respond

Prioritise your tasks

Exercise regularly, do what you can do comfortably

Your back can heal effectively, you just need to help it

Work and activity are rarely the cause

Get in touch if you have any questions

www.johnodowd.co.uk