

BACK PAIN

Information for patients

There are many reasons you can get back pain but all the evidence agrees that the best treatment is movement and exercise. The exercises may feel uncomfortable to start with but as you continue they should become more comfortable. It is best to start with little and often as they may cause you some stiffness afterwards, just like when you have not exercised for a while. If any of the exercises increase your pain, stop those exercises but continue with the others.

You could also go for a gentle walk. Try not to sit or lie down for too long. Click here for a sheet of gentle exercises to try. [INSERT PDF LINK TO SHEET - BACK EXERCISES](#)

If you have any of the following symptoms, seek medical advice immediately:

- Fever, chills or night sweats (not related to the menopause)
- Recent unexplained weight loss (over 10lb in 3 months)
- Rest or night pain
- Poor sensation in the saddle (between your legs) area
- Recent bladder dysfunction
- Severe weakness (resulting in falls)

Leerar, P.J., Boissonnault, W., Domholdt, E. & Roddey, T. (2007). Documentation of red flags by physical therapists for patients with low back pain. *Journal of Manual and Manipulative Therapy*; 15(1): 42-49.

BACK PAIN

Information for patients