

10 Do's & Don'ts for Managing Long-Lasting Lower Back Problems

Key Points

Do

1. Know that your pain is real

Your pain is real, even if it has not been caused by an obvious injury.

2. Stay active

Moving and gentle exercise can help your pain, sleep, and mood.

3. Move in different ways

It is good for your back to sit, bend, and move in different positions.

4. Focus on things that matter to you

Try to carry on doing activities you enjoy, even if you are in pain.

5. Keep in touch with people

Spending time with friends and family can help your mood and pain.

Don't

1. Blame yourself or 'fight' the pain

Pain is not your fault, and trying to fight it all the time can make it worse.

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2. Think that pain always means damage

It can sometimes be safe to move even if your back hurts whilst you do it.

3. Don't panic if pain gets worse

Pain can go up and down, and flare-ups are a normal part of recover.

4. Believe everything you hear or read

Not all advice or treatments you see online are safe or helpful. Listen to medical professionals.

5. Rely only on scans

Scans do not always show the cause of pain and are not needed for most people.

Further information



For further information please consult your health professional or visit <https://myjointhealthhub.bnssg.nhs.uk/back-pain/>

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