

# Lower Back Pain Key Points

The purpose of this booklet is to give you some advice regarding the management of your lower back pain.



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## What is lower back pain?

Lower back pain is very common experience. It can be uncomfortable, but it is usually not a sign of anything serious. Most people feel better within a few weeks or months.

## Understanding your Back

- Your spine is made up of bones (called vertebrae), muscles, ligaments, and discs.
- Just like the rest of your body, your spine changes naturally as you get older, and that is completely normal.

## Common Myths:

- **Rest is Best:** staying active is actually better for recovery.
- **Avoid Exercise:** exercise can help manage pain, not make it worse.
- **You need a Scan:** scans often just show normal age-related changes and may not be helpful.
- **Pain means damage:** pain does not always mean there is something seriously wrong.

## How to Manage Lower Back Pain

### Stay Active:

Aim for 150 minutes of moderate activity per week (such as brisk walking), or 75 minutes of more vigorous activity. Try to include some strengthening exercises too.

**During a Flare-Up:**

- Keep moving.
- Gradually increase how much you do.
- Pace yourself and do not overdo it.
- Stretch regularly.
- Use pain relief as advised.
- Apply a heat or cold pack to the sore area.

**General Tips:**

- Move carefully and use good body mechanics when lifting.
- Find an exercise you enjoy so you stick with it.
- Keep good posture when sitting and standing.
- Avoid sitting or standing in the same position for too long.
- Maintaining a healthy weight can help take pressure off your back.

**Further Resources:**

- **Chartered Society of Physiotherapy:** [Link to the Chartered Society of Physiotherapy Website](#)
- **National Institute for Health & Care Excellence (NICE):** [Link to the NICE Website](#)
- **Arthritis Research UK:** [Link to the Arthritis Research Website](#)
- **GetUBetter App:** [Link to the GetUBetter App](#)

If you have concerns about your back pain, please speak to a healthcare professional.

**We want you and the people who help you to understand what we send.  
If you need help with this letter or leaflet please tell us.**



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