

# Dealing With Back Pain



**Low back pain refers to pain in the lower part of your spine usually due to a sprain or strain of the muscles and ligaments. Chronic low back pain refers to pain in the same area that has not gone away after around 3 months.**

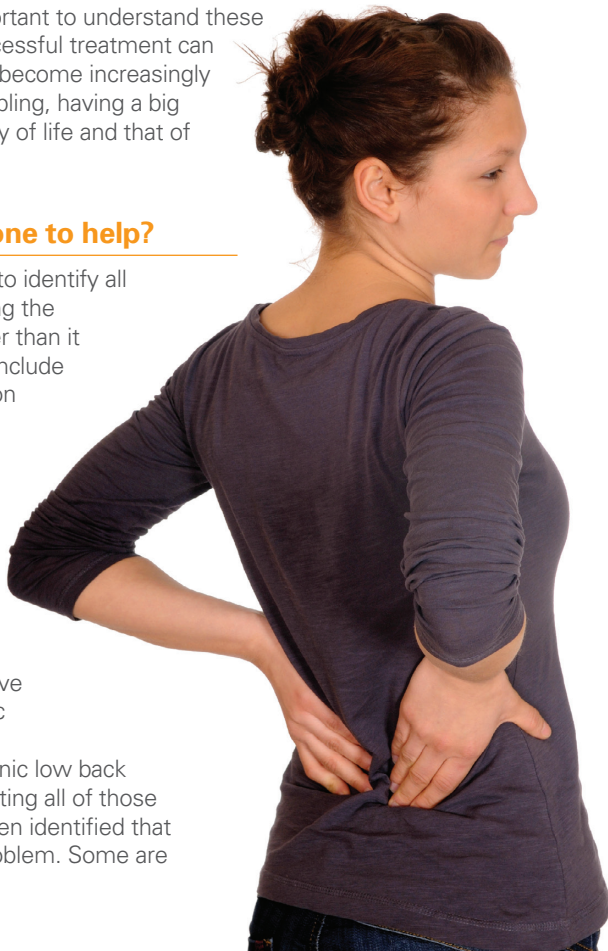
## What causes back pain to become chronic?

Pain can become chronic for many reasons. The pain can worsen with time and often for no reason. It is important to understand these reasons before successful treatment can begin. The pain can become increasingly distressing and disabling, having a big effect on your quality of life and that of your family.

## What can be done to help?

Firstly its important to identify all of the factors causing the pain to last for longer than it should. They often include things like depression or anxiety, not being happy at home or work, having a stiff or weak spine, being fearful of moving your back, other family problems including financial difficulties, and whether you have had previous chronic pain elsewhere.

Treatment of chronic low back pain is aimed at treating all of those factors that have been identified that contribute to the problem. Some are easier than others.



## What can physiotherapy do?

Help you identify the factors perpetuating the pain and make a plan to manage them. This often includes developing a package specific to your problems, this often includes:

Talking to your doctor about different types of medication and management.

Physiotherapy to teach you how to move and walk properly again

A fitness programme to enable you to return to normal activities again

Advice on returning to work

Help with managing your feelings about your back pain

## What can you do?

Try and use your back as normally as possible, pace activities. An example may be only doing 5 minutes gardening rather than your usual 30 minutes. By building up slowly you will regain your fitness without making your pain worse. It is important that you don't avoid using your back.

*The Physios* are an experienced team of physiotherapists with two Sheffield practices. Ring us for free advice or to book an appointment on **0114 267 8181**.

**We'd like to lend a hand...**