



7 TIPS TO MANAGE BACK PAIN WITHOUT HAVING TO TAKE PAINKILLERS

GUIDE BY CARL NEAL



ABOUT THE AUTHOR

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Carl is an experienced physiotherapist who founded Weymouth Physiotherapy in 2018.

For close to a decade people have consulted with him, hoping to find answers on solving their problems caused by back pain and stiffness. He has a passion to get people not only free from pain but also living the life how they want to live, without restrictions.

He honed his skills in the NHS where he saw a high volume of patients and now has crossed the boundary to work within the private sector. He wants to expand his reach and help ever higher number of patients who want to get better and in control of their symptoms.

In this special report, Carl shares with you 7 powerful tips that can help solve your back pain. He tells us that many times his patients have told him that they have been confused with the vast and often conflicting information that is out there. He hopes this puts you in the right direction.

Sometimes small changes can have a big effect. Whether you put one or two of these strategies in place or all of them we are sure they can help you. Many people who have back pain are fearful of losing their active life and these things can really help. You just have to decide what to start with.



SEVEN TIPS TO HELP YOUR BACK PAIN

1. Try to move normally

Simply put efficient movement is the best medicine for your back. The more we can move in normal ways the better your back will be. Many with back pain find this difficult to do. The severity of the pain causes them to move awkwardly. Top tip: try to breathe out as you move, it will stop your body tensing up. If you still struggle to move normally then coming to see is probably the best thing you can do as we can start to work out ways to help you move right away.

2. Use natural pain relief

Don't underestimate the power of natural pain relief. By this I mean the use of hot water bottles, wheat bags, cold compresses, ice (wrapped in a towel), creams etc. Now this doesn't work for all but for many it can be a really efficient way of getting relief from pain and if this allows you to move better and more frequently then it is only going to help in your recovery.

3. Worry Less

We know from the evidence that one of the highest predictors of whether back pain persists is worry. Commonly people are concerned something serious is wrong, or that are at risk of causing further damage. They may be concerned that it won't get better in the future or that they won't be able to do the things they want or need to do. Our job is to reassure you. Only a very small amount of back pain is due to serious conditions and with the right care all back pain can get better, even if it has lasted for a long time.

4. Engage in activities you love or value.

Back pain causes stops us doing the things that we love or at least makes it less enjoyable. We know that when we do things that we enjoy our bodies natural pain relief system kicks in. On the flip side when we are down or depressed this system turns off. So force yourself out for the dinner date with your friend, agree to look after the grandchildren, spend time doing your hobbies because in the long run it will help.

5. Become more active

Again people with back pain often struggle to be as active as they'd like to be. People often try to become more active only to get punished for doing so with their pain levels rising. Activity or exercise is really important in back pain as not only gets you moving but also releases lots of good chemicals. It has been shown to be one of the best things for back pain.

It is important to finding the balance between not doing enough and doing too much. Once you find an amount of activity you can tolerate look to build very slowly from there. We can help come up with more specific plans to help you become more active based on your goals.

SEVEN TIPS TO HELP YOUR BACK PAIN

6. Relax

Many with back pain have difficulties relaxing. Pain that is there all the time means your mind doesn't get chance to switch off and this can run in to the night. Not being able to relax often causes tension which in turn causes your back pain to hurt more. Explore different ways of relaxation it may be simple meditation by relaxed breathing or something more advanced. Equally it may just be taking some time out listen to your favourite music.

One thing to remember is that is actually skill to relax and that means its important to practice. Try to do it before your symptoms become too high as it is particularly challenging to relax once you have reached this stage.

7. Come and see us

Nothing beats coming in to see us at Weymouth Physiotherapy. We can listen to your story, assess how you are moving and then come up with a customised treatment plan to get you living life as you want to. A lot of different things often contribute to back pain and it is not until you address each of them that you can finally move on from it. You will be presented with options as to what your care looks like be it interventions within the clinic or things that you need to work on at home.

Conclusion

These tips will hopefully enable you to better manage your back pain. You may not be able to put them all in to place right away however even if you put one or two in to action you will hopefully see some effects. For some this may be small, for others it may be a much larger effect.

If you need some guidance on how to put them in to action and to get fully back in control of your back problem then please do not hesitate to contact us. We offer free telephone consultations where we discuss your condition and can talk about ways in which we could help. This gives you an opportunity as well to ask any questions.

Alternatively we also offer free taster sessions. This is similar to the telephone consultations only you are able to come down to the clinic and discuss things in person. Please note however this is not treatment it is just an opportunity to discuss any concerns you have. You can apply for this on the website or just send us an email.

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