

7 FREE TIPS

TO HELP YOUR

BACK PAIN



CONSIDERING...

Back pain is a bigger problem in Ireland than any other country

AND

Approximately 80% of us will suffer from back problems during our lifetime

It is highly likely you know someone who is directly affected by troublesome, nagging symptoms - perhaps it's yourself.

If you're experiencing tingling, pain, stiffness, or weakness, you may be desperate to find a solution.

Regardless of the cause, there are treatments in which you should most certainly avoid.

Why?

Well, because in many cases, you could end up causing more harm than good, elevating your injury or condition, resulting in worsening pain.

Although we generally focus on effective treatments, especially those which are non-invasive, we are going to be shifting away from what should be done, focusing more on what you should avoid.

There is nearly \$5 billion spent each year on managing back pain - much of it on unnecessary tests and totally ineffective treatments.



HAVE BACK PAIN?

AVOID THESE 7 TREATMENTS

Just because something is considered to be a treatment, it does not necessarily mean that it's within your best interest to try it.

Remember, each individual case is unique - which is why seeing a physiotherapist for a personalised assessment is highly recommended.

Either way, if you have back pain, avoid the following, especially if you have not sought a professional opinion.

1. BED REST IS NOT HELPFUL FOR BACK PAIN

If you've taken time off work, you may be tempted to lay in bed, doing nothing at all.

Avoiding aggravating activities initially can help provide relief from your pain.

But...there is super strong evidence that gradually returning to all of your normal activities (work included) and keeping active will enhance your recovery.

Excess bed rest = not helpful

Prolonged bed rest is associated with higher levels of pain (ouch), worse recovery, and much more time away from work!

The truth is, although a lack of movement may help your pain short-term, this can lead to poor circulation and stiffness.

2. SCANS ARE RARELY NEEDED

It's common for many health professionals and clients to want a scan in the case something serious is happening.

But - the evidence displays scans only show something serious going on in a super tiny minority of people with back pain

Research shows if you take people without back pain and get a CT Scan or MRI:

37% of 20 year olds
80% of 50 year olds
96% of 80 year olds
Have "disc degeneration"

30% of 20 year olds
60% of 50 year olds
84% of 80 year olds
Have "disc bulging"

These changes are just a normal part of the ageing process.

It's important you understand what is influencing your back pain, it rarely just happens!

(Brinjikji, et al Am J Neuroradiol. 2014 Nov)

3. SEDATIVES AND/OR OPIATES

When experiencing low back pain, for instance, individuals will often try anything to improve their quality of life.

Although certain sedatives have 'muscle relaxing' properties, they do not address issues within skeletal muscle or motor neurons.

In terms of opiates, they're associated with addiction and overdose fatalities. Whenever potential adverse effects outweigh benefits, you need to reconsider - especially because medications only mask the pain, they do not treat the causes.

Caution with stronger pain killers, as they come with greater side effects that can really reduce the quality of your life.

And lastly, pain killers should never be the only treatment.

4. A BACK BRACE

In some severe cases, a back brace can provide you with the stability you need to rest your muscles or improve posture.

With that being said, if you rely on a back brace, you will more than likely experience muscle atrophy, causing you to become even weaker.

It's better to work with a physiotherapist to naturally strengthen your back, helping you build the most reliable, natural, and sustainable back brace possible - your muscles.

5. MANIPULATION, BEING 'CRACKED' OR 'ADJUSTED'

Back pain is not caused by something being out of place.

Frequent manipulation is not the answer or being 'cracked back into place'.

There is NO EVIDENCE that back pain is caused by a bone or joint in the back being out of place, or your pelvis being out of alignment - even though it may feel that way sometimes.

We acknowledge that some people do feel better after undergoing treatments like manipulation.

However, this improvement is due to short-term reductions in pain, muscle tension and fear, NOT due to realigning of body structures.

6. UTILISING COLD TREATMENT ONLY

When dealing with sharp back pain, you may be tempted to only use cold treatment

Traditionally, cold applications have been recommended for acute pain, whereas heat-based application have been used for chronic soreness.

It's been found in a number of studies, that both methods can be highly beneficial when aiming to reduce the intensity of back pain.

Keep in mind, both methods are only treating your symptoms to help you feel better temporarily, not the causes.

7. SURGERY IS RARELY NEEDED

The results of surgery for low back pain, on average, have been no better than non-surgical interventions.

Although there is usually a much higher complication rate in the surgical groups.

It's really important to understand the factors that influence your back pain - to give you better control.

The human body has its own internal pharmacy and powerful healing capacities.

Recommended reading:

Surgery, The Ultimate Placebo

by Australian Orthopaedic Surgeon Ian Harris

Call 041-2132966 to book in for your comprehensive Back Pain Assessment today!

