

The Haven Practice

BACKACHE

Back pain is very common and 90% of back pain has no obvious cause and will get better within 6 weeks.

People who sit, bend or stand for long periods, carry heavy loads, are overweight or have had a fall are more prone to developing backache.

Self help:

- Keep active, staying in bed can make the problem worse.
- Avoid heavy lifting or repetitive activities but remain active.
- Hot & cold therapy. Alternating hot and cold packs to your back can help to ease your symptoms.
- Try sleeping on your side, with your knees drawn up and a pillow between your legs.

Medicine:

Taking regular painkillers, Paracetamol and/or anti inflammatory medicine. Ibuprofen will help you to remain active and reduce the time you have backache.

Complementary therapy:

The following alternative therapies may be helpful for backache:

Osteopath
Chiropractor
Massage
Acupuncture

Preventing Backache:

Strengthening the muscles in the back will help prevent further episodes. When recovered Yoga, Pilates and Alexander technique can be helpful.

Complications:

Contact the Doctor if you also have:

- Temperature
- Redness or swelling on your back

- Pain travelling down your legs
- Numbness, weakness or tingling in your legs or buttocks
- If you have loss of bowel or bladder
- If you have had cancer
- If you take steroid medication
- If you are under 20 or over 55 and the pain last for more than 3 days.
- If you developed the pain after an accident.