



# Prime Therapy

## CLINIC

## Our 5 step guide to help overcome a bout of back pain



A bout of back pain can be extremely frustrating as it can stop you doing the things you enjoy and when it is excruciating can be very worrying. You're not alone, with over 80% of us struggling with back pain across our adult lifetime. Its hard to know what the right things to do are. Ignore it and keep going as best as you can? Rest? What exercises should you do? Do you need to take time off work?

### Help is at hand!

We have put together a simple 5 step approach of some tips and advice on what to do if you are suffering from a bout of back pain with additional guidance on how to prevent it returning.

If you would like to speak to one of our Chiropractors to discuss any issues you are having or would like to have an examination to determine the cause of your pain give [Prime therapy clinic](#) a call on **01476 501301**. We offer a fantastic friendly service with first class results and we'll be happy to help.

## Step 1) Don't panic

Back pain is very common and rarely serious even when extremely painful. It is usually significantly improved by 2-6 weeks (which I know can feel like a very long time if you are in pain) Panicking and worrying you can make the pain worse and hinder recovery.

If you are able to work then continue to work. Taking time off has been shown to harm recovery and not help so despite it being painful you are best off working, even if it means doing lighter duties. Obviously if your work is of a very physical nature and aggravates the pain or if the pain is so severe you are unable to work then don't, but, try to get back to work as quickly as you can.



*If you are in severe pain that does not ease when lying flat, have pain going down the legs below the knee with pins and needles, pain that is worse at night or if you are concerned about your pain then you should see a healthcare professional (such as a Chiropractor or your GP). If you have loss of your bowel and bladder control you should seek immediate medical help.*

## *Step 2) Use ice or heat*

These can be used to help ease the pain. There is some debate and conflict as to what is best and in all honesty it will depend on the individual and what is causing their pain. My advice would be to see what works best for you and to use that. However if your suffering from a new recent bout of back pain that was brought on by trauma (such as a fall) then I would recommend ice.

You can use hot or cold packs but a bag of frozen peas or a hot water bottle will be just as good. Put it on the area for 15-20 minutes every hour.

Other options to help decrease pain include over the counter pain medication. Speak to a pharmacist to ensure it is appropriate and safe for you to take them.

## *Step 3) Keep moving*

You might feel like all you want to do is rest however this can cause the back to seize up and the muscles to lose some of their strength. It is well established that keeping active will lead to a faster recovery. Listen to the pain though and do not over do it by doing anything that makes the pain feel a lot worse, but moderate activity such as gentle walking and everyday tasks should ease your recovery.

## Step 4) Seek treatment

If the pain does not start to ease after a couple of days or you keep experiencing recurring bouts of back pain it is a good idea to see a professional for an examination or treatment. Make sure that you see a regulated health care professional such as a Chiropractor, Osteopath or Physiotherapist. These titles are protected by law and so are registered practitioners who hold an accredited university degree.



If you would like to make an appointment at Prime Therapy Clinic we would be happy to give you an assessment to determine the cause of your pain and provide treatment if necessary.

Just give our friendly reception staff a call on **01476 501301** and they will be happy to book you in.

## Step 5) Exercise

This is by far the best piece of advice for anyone wanting to prevent a recurrence of their back pain. Proper exercises will maintain and restore mobility of the joints and also strengthen the muscles in the back. You can ask advice from a health care professional as to what exercises will be best for you however any general exercise or even an increase in leisurely activities will help. Anything is better than nothing.



# About the Author

Mark is the Chiropractor and clinic director for Prime Therapy Clinic. He completed his first degree in Chemistry and Sport Science at Loughborough University.



He then went on to do a four year Masters degree in Chiropractic and continued to study after graduating achieving a distinction for his post graduate certificate in clinical development.

He also has a keen interest in research and completed a masters module in Evidence based practice, after which he went on to present his research at the Royal College of Chiropractors conference and World Federation of Chiropractic Congress in Athens.

“by taking an active part in conducting research on top of my clinical practice it helps me to better understand what is behind the treatments I give, it also helps keep me up to date on current developments on the latest treatments for back pain”

Mark is a member of the Royal College of Chiropractors pain faculty and British Chiropractic association. He is also registered with the general Chiropractic council.