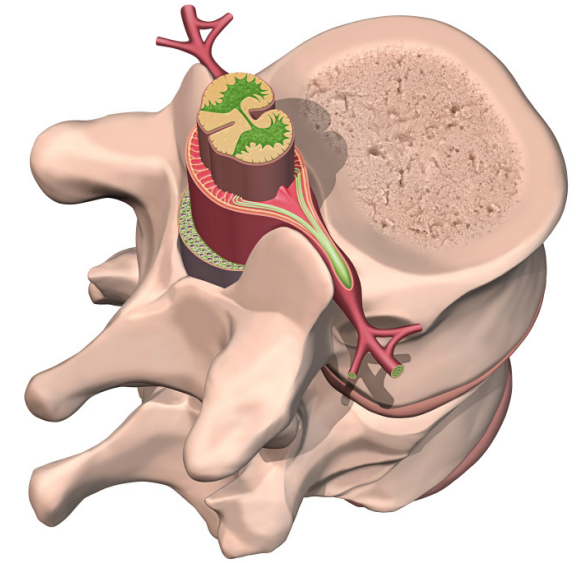


# What is Back Pain?

Back pain is considered to be pain from any area from below the ribs to the buttock area. In many cases, the back causes referred pain to other regions such as the hip, knee, legs and groin area, sometimes in the absence of actual pain in the back. Approximately 80% of the population will suffer from back pain at some stage of their lives. In some cases it is temporary, in others it is chronic and debilitating.

We are well suited to assist you with many types of back pain. Our goals are to assess the source of the problem, assist in settling the symptoms and helping you with management and prevention.



## What causes back pain?

### POSTURAL STRESS:

Poor posture stresses your spine. Ligaments are over-stretched, muscles tire and joints and nerves can be put under pressure.

### DISC PROBLEMS:

Discs separate the vertebrae and act as shock absorbers. They are often injured during lifting, especially when stooped over. Discs can also wear down with age.

### LIGAMENT SPRAINS:

Ligaments may be over-stretched, often through sporting injuries or motor vehicle accidents.

### SCIATICA:

Nerves exit the lower spine and travel into your legs. Irritation of these nerves can cause pain anywhere along their pathway.

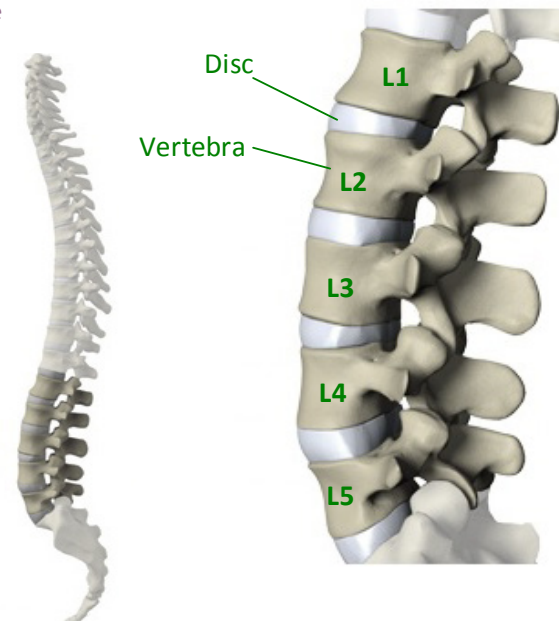
### JOINTS:

Small joints in your back called facet joints help to guide movement in your back. These joints may be sprained, leading to stiffness and pain. Sometimes, these joints are affected by arthritis, which leads to degeneration.

### Uncommon:

On occasions back pain can have a more serious underlying cause and if you are worried about any additional or unusual symptoms, discuss this with your physiotherapist or general medical practitioner.

### Your Spine



### LIFTING:

Ensure the load is not too large or too heavy. Lift with feet shoulder-width apart, bending at the knees and the hips. Avoid twisting when carrying the load.

### EXERCISE:

Staying in shape will help to ease the strain placed upon your back. Exercise regularly by swimming or walking.

### SITTING:

Try not to slouch or slump over when sitting. Do not sit for too long - try to take regular breaks and stand up, stretch, or walk around. A good seat will help support your lower back. If you need more support, consider a lumbar roll.

### SLEEPING:

A good mattress will help support the normal curves of your spine.

### ACUTE BACK PAIN:

When you have an episode of back pain, it is important to stay active. Take short, gentle walks as tolerated throughout the day.

Source: Australian Physiotherapy Association.

Your Problem is:

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Suggested /Planned Management:

1. ....

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2. ....

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3. ....

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4. ....

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Specific Advice:

1. ....

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2. ....

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3. ....

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4. ....

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- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Exercises    | <input type="checkbox"/> Manual therapy     |
| <input type="checkbox"/> Hydrotherapy | <input type="checkbox"/> Balance retraining |
| <input type="checkbox"/> Braces       | <input type="checkbox"/> Strength work      |
| <input type="checkbox"/> Weight loss  | <input type="checkbox"/> Conditioning       |

Physica Ringwood  
25 Wantirna Rd  
Ringwood Victoria  
Telephone 03 9017 5223  
Facsimilie 03 9879 7925  
physio@physica.com.au

Physica Devonport  
GP Superclinic  
8 Wenvoe St  
Devonport Tasmania 7310  
Telephone 03 6498 7600  
Facsimilie 03 6423 4452  
info@physica.com.au

Physica Devonport  
75 Best St  
Devonport Tasmania 7310  
Telephone 03 6424 7511  
Facsimilie 03 6424 7811  
info@physica.com.au

Physica Shearwater  
81 Club Drive  
Shearwater Tasmania 7307  
AUSTRALIA  
Telephone 03 6428 7720  
Facsimilie 03 6428 7736  
info@physica.com.au

Physica Latrobe  
45 Gilbert St  
Latrobe Tasmania 7307  
AUSTRALIA  
Telephone 03 6426 1111  
Facsimilie 03 6426 2629  
info@physica.com.au

physica

[www.physica.com.au](http://www.physica.com.au)

## BACK PAIN

### Helpful Hints



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