

Preventing Low Back Pain

Back pain is a common problem. Research suggests that sixty percent of adults suffer from back pain every year, and half of these become chronic sufferers. Back pain is most often the result of inactivity, poor posture, an injury or overuse but it can often be prevented by following some very simple advice.

Keep Fit and Active!

Keeping fit is the key to a healthy back. Regular exercise has been shown to reduce the pain associated with low back pain and decrease the length of time that a person suffers from symptoms. Moderate intensity exercise that includes activity that increases your heart rate and strength training for the low back have been shown to reduce the disability associated with back pain.

Examples of moderate intensity exercise include walking two miles in thirty minutes or cycling five miles in 30 minutes. Remember to start slowly and build up to these distances gradually. The best exercise is the one that you will continue to do regularly!

Don't Sit Around, Sit Up!

Human beings were not designed to sit down all day! Take thirty second micro-breaks every ten minutes and five minute breaks every half an hour. Try taking a few phone calls at work or at home standing up, or get a cordless phone and walk around. Use stairs wherever possible instead of using the lift.

When you are sitting make sure that you sit up and maintain good posture. Place a cushion or rolled up towel in the small of your back to help support your back.

Stop Smoking!

Research demonstrates a clear link between smoking and back pain, yet another reason to give up!

If you would like further information on how to manage your back pain, or you have any other physical ailment, then please contact a Chartered Physiotherapist for a full assessment of your problem.

At Bluebell Physio an assessment is carried out prior to a full treatment programme being designed specifically for you, taking your personal needs into consideration. Please always check that you seek advice and/or treatment from a fully qualified and State Registered Physiotherapist. Look for the letters MCSP and HPC Registered.