

# BACK FACTS

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## 1. Persistent back pain can be scary, but it's rarely dangerous

Persistent back pain can be distressing and disabling, but it's rarely life-threatening and you are very unlikely to end up in a wheelchair



## 2. Getting older is not a cause of back pain

Although it is a widespread belief and concern that getting older causes or worsens back pain, research does not support this, and evidence-based treatments can help at any age.

## 3. Persistent back pain is rarely associated with serious tissue damage

Backs are strong. If you have had an injury, tissue healing occurs within three months, so if pain persists past this time, it usually means there are other contributing factors. A lot of back pain begins with no injury or with simple, everyday movement. These occasions may relate to stress, tension, fatigue, inactivity or unaccustomed activity which make the back sensitive to movement and loading.



## 4. Scans rarely show the cause of back pain

Scans are only helpful in a minority of people. Lots of scary-sounding things can be reported on scans such as disc bulges, degeneration, protrusions, arthritis, etc. Unfortunately, the reports don't say that these findings are very common in people without back pain and that they don't predict how much pain you feel or how disabled you are. Scans can also change, and most disc prolapses shrink over time.

## 5. Pain with exercise and movement doesn't mean you are doing harm

When pain persists, it is common that the spine and surrounding muscles become really sensitive to touch and movement. The pain you feel during movement and activities reflects how sensitive your structures are – not how damaged you are. So it's safe and normal to feel some pain when you start to move and exercise. This usually settles down with time as you get more active. In fact, exercise and movement are one of the most effective ways to help treat back pain.



## 6. Back pain is not caused by poor posture

How we sit, stand and bend does not cause back pain even though these activities may be painful. A variety of postures are healthy for the back. It is safe to relax during everyday tasks such as sitting, bending and lifting with a round back – in fact, it's more efficient!



## 7. Back pain is not caused by a 'weak core'

Weak 'core' muscles do not cause back pain, in fact people with back pain often tense their 'core' muscles as a protective response. This is like clenching your fist after you've sprained your wrist. Being strong is important when you need the muscles to switch on, but being tense all the time isn't helpful. Learning to relax the 'core' muscles during everyday tasks can be helpful.



## 8. Backs do not wear out with everyday loading and bending

The same way lifting weights makes muscles stronger, moving and loading make the back stronger and healthier. So activities, like running, twisting, bending and lifting, are safe if you start gradually and practice regularly.

## 9. Pain flare-ups don't mean you are damaging yourself

While pain flare-ups can be very painful and scary, they are not usually related to tissue damage. The common triggers are things like poor sleep, stress, tension, worries, low mood, inactivity or unaccustomed activity. Controlling these factors can help prevent exacerbations, and if you have a pain flare-up, instead of treating it like an injury, try to stay calm, relax and keep moving!



## 10. Injections, surgery and strong drugs usually aren't a cure

Spine injections, surgery and strong drugs like opioids aren't very effective for persistent back pain in the long term. They come with risks and can have unhelpful side effects. Finding low-risk ways to put you in control of your pain is the key.



PAIN-ED

Infographics by:  
@KWernliPhysio  
in collaboration with authors

This infographic is a summary only. Please consult the full text for clarification and supporting references.

O'Sullivan P, Caneiro JP, O'Sullivan K, Lin I, Bunzli S, Wernli K, O'Keeffe M. Back to Basics: 10 facts about low back pain. BJSM. 2019

# Back Pain The Facts

**J Dewey**



## **Back Pain The Facts:**

Back Pain Malcolm I. V. Jayson, 1981      **Macnab's Backache** Ensor Transfeldt, Ian Macnab, 2007 Macnab's Backache Fourth Edition is an enhancement and update of Ian Macnab's classic principles of spinal anatomy and pathology which form the cornerstones of clinical evaluation and treatment of spinal disorders This edition is geared to practitioners in a wide variety of specialties and emphasizes the initial evaluation and treatment of patients with back pain and or sciatica The book thoroughly describes and illustrates the pathoanatomy of various spinal disorders and its correlation with clinical symptoms Also included are chapters on history taking examination of the back differential diagnosis of low back pain pain management and a new chapter on injections      **Stop Your Back Pain ,      The Natural Problem of Consciousness** Pietro Snider, 2017-06-12 The Natural Problem of Consciousness is the problem of understanding why there are presently conscious beings at all Given a non reductive naturalist framework taking consciousness as an ontologically subjective biological phenomenon how can we rationally explain the fact that the actual world has turned out to be one where there are presently living beings that can feel rather than having developed as a zombie world in which there would be no conscious experiences of any kind This book introduces the Natural Problem by relating it to central problems in the philosophy of mind metaphysical mind body problem Hard Problem of consciousness and emphasizing the distinctive interest of its diachronic dimension Ranging from philosophy to biology and neuroscience it offers a thorough analysis aimed at better understanding what could explain why phenomenal consciousness has been preserved throughout evolution by natural selection This is an original engaging and thought provoking philosophical study of a neglected but fundamental question regarding the nature and origin of consciousness      *The Canyon Ranch Guide to Living Younger Longer* Len Sherman, Canyon Ranch, 2001 America's most popular health resort now offers its innovative life extending program of exercise nutrition stress reduction and spirituality for use in personalized practice at home 190 photos      **Lower Back Pain: New Insights for the Healthcare Professional: 2013 Edition** , 2013-07-22 Lower Back Pain New Insights for the Healthcare Professional 2013 Edition is a ScholarlyBrief that delivers timely authoritative comprehensive and specialized information about Additional Research in a concise format The editors have built Lower Back Pain New Insights for the Healthcare Professional 2013 Edition on the vast information databases of ScholarlyNews You can expect the information about Additional Research in this book to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Lower Back Pain New Insights for the Healthcare Professional 2013 Edition has been produced by the world's leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>      *Stress Information for Teens, 4th Ed.* James Chambers, 2021-11-01 Provides consumer health

information for teens about common causes of stress the effects of stress on the body and mind and coping strategies Includes index resource information and recommendations for further reading

**Ankylosing Spondylitis and Axial Spondyloarthritis** Muhammad Asim Khan,2023 Ankylosing spondylitis AS currently grouped under the term axial spondyloarthritis axSpA is a chronic form of arthritis that causes inflammation of the spine and other joints This book provides clear and practical information on symptoms diagnosis treatments and daily life with AS for patients and their families

**The Encyclopedia of the Back and Spine Systems and Disorders** Mary Harwell Sayler,Arya Nick Shamie,2007 Back pain is the most common cause of job related disability This is a reference to these parts of the body and the ailments of sufferers It provides information on various aspects of the back and spine including anatomy metabolic processes neurological systems injuries diseases and disorders treatments medicines and nutrition

**Management of Back Pain** Richard William Porter,1986

*Simulation Tools and Techniques* Houbing Song,Dingde Jiang,2021-04-25 This two volume set constitutes the refereed post conference proceedings of the 12th International Conference on Simulation Tools and Techniques SIMUTools 2020 held in Guiyang China in August 2020 Due to COVID 19 pandemic the conference was held virtually The 125 revised full papers were carefully selected from 354 submissions The papers focus on simulation methods simulation techniques simulation software simulation performance modeling formalisms simulation verification and widely used frameworks

**Neurology Fact Fixer** Ed Burton,Ashwin Pinto,2003-10-15 This aid for revision and continuing professional development with multiple choice questions MCQs and full explanatory answers to assist learning is formatted to prepare the reader for the final MRCP exam It is a comprehensive guide which covers all subspecialities

*Surgical Decision Making in Geriatrics* Rifat Latifi,2020-08-12 This book is designed to present a comprehensive and state of the art approach to all aspects of geriatric surgery within the broad confines of surgery in geriatrics including general surgery neurosurgery thoracic surgery vascular surgery cardiac surgery surgical oncology hepatobiliary and transplant surgery plastic colorectal orthopedic gynecologic and urologic surgery The text is split into four parts The first part is organized under general considerations on the geriatric surgical patient and includes current trends in geriatric surgery and a number of important general issues such as practical approaches to reversal of bleeding anticoagulation role of anesthetic concerns in advanced age frailty index and measurements of physiological reserves nutritional support in the elderly quality of life in the elderly drug use and family involvement Part two of the book focuses on surgery specific system based problems in geriatric surgical patients The third part addresses many other important aspects of geriatric surgery including palliative and end of life care for the elderly religious issues and the elderly care surgery elderly with mental health issues and nursing care of elderly patients The fourth and final part describes the need for geriatric surgical care education and the components that are essential for the curriculum of current and future generations of students Written by experts in the field Surgical Decision Making in Geriatrics addresses patient selection pre operative considerations technical conduct of the most

common operations and avoiding complications      **Fact Sheets on Anticancer Drugs** ,1994      [The Hidden Psychology of Pain](#) Dr. James Alexander,2012 Chronic pain has been correctly described as the invisible crisis at the heart of contemporary life Despite stunning advances in other areas of medical science no similar breakthrough in the treatment of chronic pain has resulted from an exclusive focus on the body Dr James Alexander s young life was redefined by a tragic car accident in his late teens and the chronic physical and emotional trauma inspired him to become a psychologist Now pain free Dr Alexander has dedicated the last three decades of his life to helping others overcome similar challenges specializing in the treatment of chronic pain and psychological trauma His success is proof that recovery from chronic pain is possible and this guide offers a valuable resource for working toward that goal The recovery from chronic pain requires that we revisit and challenge the outdated attitudes and practices that have been used with little result With the proliferation of medical and psychological research for the first time we are at a point in history where these notions of pain recovery can be validated by research based evidence For too long Dr Alexander feels we have been looking in all the wrong places Specifically the problem lies at the core of our culture which still treats the physical and nonphysical aspects of the human as separate experiences This innovative program involves a journey of self discovery a new way to approach medical and psychological care of chronic pain and advice on the most effective types of help to pursue      **Directory of National Information Sources on Disabilities** ,1994      *Cannabis Use, Neurobiology, Psychology, and Treatment* Colin R. Martin,Vinood B. Patel,Victor R Preedy,2023-06-02 Cannabis Use Neurobiology Psychology and Treatment offers readers a comprehensive reference on neurological changes both transient and long term and other factors surrounding the use of these compounds and extracts With coverage of both natural and synthetic cannabinoids this broad coverage allows readers to learn about both adverse and non adverse effects including reactivity to pain changes in behavior and neuroactivity This volume provides a platform for research on the effects of these compounds in brain function and neurological dysfunction Extracts from the Cannabis sativa plant contain scores of psychoactive compounds in addition to the principal agent tetrahydrocannabinol many of which are neuroactive Summarizes cannabis and cannabinoid research in relation to neurological function Contains chapter abstracts key facts a dictionary and a summary Covers the neuroactivity of multiple Cannabis compounds beyond tetrahydrocannabinol Includes conditions like depression anxiety Parkinson s psychosis and epilepsy Discusses brain structure and brain development including functional connectivity      **The Tapping Solution for Pain Relief** Nick Ortner,2015-04-21 Do you suffer from chronic pain If so you re not alone In fact more than 100 million Americans deal with this life changing issue every day And if you re like most of them you ve tried all the normal solutions doctors injections medications and surgeries While these all have a place in healing they have fallen short in dealing with the pain epidemic So what can you do In The Tapping Solution for Pain Relief Nick Ortner presents a startling alternative He lays out a step by step plan that teaches you how to use tapping or EFT emotional freedom techniques to reduce or eliminate chronic pain Looking at the scientific

research surrounding pain stress and tapping he opens your eyes to just how powerful tapping can be and then outlines tips and techniques to address pain in both the short and long term Nick guides you on a journey that begins on the surface tapping to address the pain itself and moves to the deeper issues that often affect pain With easy to follow tapping scripts and exercises Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck He also addresses topics that you may not think of as associated with chronic pain such as Creating personal boundaries Dealing with toxic relationships Clearing resistance to change Understanding the power of a diagnosis Working through anger There are many ways the brain and body can create increase and prolong pain After reading this book you ll not only understand what s causing your pain but also how to achieve complete and lasting relief But let s face it this is about more than just pain relief It s about empowering yourself to take back your body in order to live the life you want

*Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access* Brian Luke Seaward, 2023-12-22

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**Proceedings of the International Conference on Soft Computing Systems** L. Padma Suresh, Bijaya Ketan Panigrahi, 2015-12-28

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