NHS Lothian

Back Matters Advice for Lower Back Pain 8 Top Tips for a Healthy Back:



Keep Active:

Avoid bedrest. Keeping active is important even if you have to move slowly at first and gradually build it up.



Stay at Work/ Hobbies:

or return to them as soon as possible. Research shows the people who continue to work during an episode of back pain recover more quickly than people who stay at home.



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Pain
Management:

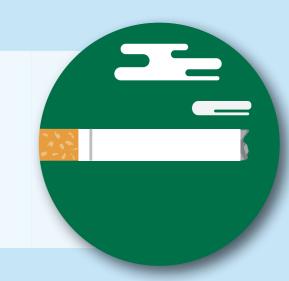
Your pharmacist can advise you on medication.



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Smoking:

Smokers have slower recovery rates and are at higher risk of recurrent sciatica than non-smokers.



Healthy Weight:

Being overweight increases your risk of developing low back pain.



A Good Night's Sleep:

Poor sleep can make us more stressed, cause a headache, make us feel tired or down, similarly it can also cause or prolong back pain. Improving sleeping routine and habits can be very helpful in reducing pain.



Stay Positive:

The vast majority of back pain will get better. Having a positive attitude and keeping up your normal daily activities, despite your pain, can help your recovery.



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Don't rush for investigations:

MRI and X-ray's are rarely helpful in diagnosing the cause of back pain. Tests can be arranged by your healthcare professional if necessary.



Further Information:

For more information on how to reduce pain and staying healthy can be found on the **NHS Inform** website. Additionally you can download the **NHS 24 MSK self-help App**.



self-help App



Check the website nhsinform.scot