

# Back Matters

## Advice for Lower Back Pain

### 8 Top Tips for a Healthy Back:

- |   |   |   |   |
|---|---|---|---|
|    | <b>1 Keep Active:</b>                   | Avoid bedrest. Keeping active is important even if you have to move slowly at first and gradually build it up.  |    |
|    | <b>2 Stay at Work/ Hobbies:</b>         | 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.   |    |
|   | <b>3 Pain Management:</b>               | Your pharmacist can advise you on medication.   |   |
|  | <b>4 Smoking:</b>                       | Smokers have slower recovery rates and are at higher risk of recurrent sciatica than non-smokers.   |  |
|  | <b>5 Healthy Weight:</b>                | Being overweight increases your risk of developing low back pain.   |  |
|  | <b>6 A Good Night's Sleep:</b>          | 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. |  |
|  | <b>7 Stay Positive:</b>                 | 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.  |  |
|  | <b>8 Don't rush for investigations:</b> | 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**.



Download the self-help App



Check the website [nhsinform.scot](https://nhsinform.scot)