

UNDERSTANDING LOW BACK PAIN

Facts About Back Pain



Getting older is not a cause of back pain

- Studies have shown that back pain does not worsen as we age.
- Treatment can help people at any age.

Persistent back pain can be scary, but it is rarely dangerous or associated with serious tissue damage

- Back pain often begins with no injury. Instead, it may be related to stress, fatigue, inactivity or strenuous activity which can cause the back to be sensitive to movement.

Feeling pain during exercises does not mean that it is harmful to do the exercises

- Gradual increase in movement and exercise is safe and healthy for the spine.
- Avoiding movement because of fear of pain might make your body weaker, leading to more strain on your body.

Scans rarely show the cause of back pain

- Common muscle and bone conditions like degeneration, disc bulges, and arthritis are often found even in people without back pain.
- Scans cannot determine how much pain you feel or how it affects your movement.

What Can You Do ?

HEALTHY LIFESTYLE



Keep moving and stay active

- Keeping active can reduce back pain and help speed up the recovery process. Stay active and return to normal daily activities, including work as early as possible.



Adequate rest is important

- Resting allows your body to recover and heal.
- You are recommended to get 6 to 8 hours of uninterrupted sleep.



Take appropriate pain medication when necessary

- Taking pain medication advised by your doctor will help with recovery.



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DEPARTMENT OF PHYSIOTHERAPY
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Reference : O'Sullivan, P. B., Caneiro, J. P., O'Sullivan, K., Lin, I., Bunzli, S., Wernli, K., & O'Keeffe, M. (2020). Back to basics: 10 facts every person should know about back pain. *British journal of sports medicine*, 54(12), 698–699. <https://doi.org/10.1136/bjsports-2019-101611>