

UNDERSTANDING LOW BACK PAIN

Common Concerns

1) "Slipped Disc"

Spinal discs do not slip. They can sometimes become sensitized and irritate the surrounding nerves. However, this does not mean your nervous system is damaged.

2) "Degeneration" or "Wear and Tear"

Spinal changes on X-ray and MRI scans are common. Some people who have spinal changes have NO PAIN OR SYMPTOMS.

3) "I Should Not Move When It Hurts"

When you avoid movement due to fear of pain, your body slowly becomes deconditioned and weaker.

This may lead to you feeling more strain in your body and can increase the feeling of pain when you are doing your usual daily activities.



What Can You Do?

1) Keep Moving and Staying Active

Keeping active can reduce back pain and help speed up the recovery process.

You are advised to stay active and return to your normal daily activities, including work, as early as possible.



2) Get Enough Rest

Getting adequate rest allows your body to recover and nourish itself.

You are recommended to get 6 – 8 hours of uninterrupted sleep.



3) Taking Appropriate Pain Medicine

Taking pain medicine as advised by your doctor will help with your recovery

