



6. What can help back pain?



- Pain killers can help to reduce pain and make it easier to do other activities that help recovery.



- Movement and exercise can help to ease back pain, but it can take time to work out which is best for you.



- Discussing and understanding the complex nature of your back pain can help you deal with unhelpful thoughts and emotions.



- Finding ways to move your focus away from pain such as restarting normal enjoyable activities or relaxing using mindfulness can help.



- Eating a healthy diet, losing weight, stopping smoking and taking part in regular moderate exercise have all been shown to help back pain.



- Some people find other options help them - acupuncture, massage, chiropractor, steam baths etc. These can help ease pain to help you become more active. However there is currently not enough research to support their use in the NHS.

Your back pain is likely to improve but It may take you some time to work out what is the best back pain recovery plan for you.

Use this space to make notes

My back pain **recovery** plan

Information I found really useful and would like to remember

Options discussed in Talkback that I would like to know more about

Ideas discussed in Talkback that I would like to try out myself

Things that might get in the way of my recovery plan that I need to watch out for

Questions I want to ask a health professional

Things I want to talk about with friends, family and work colleagues



Talkback

Back Pain education from Sheffield PhysioWorks