

A close-up photograph of a person's back and arm. The person is wearing a dark grey t-shirt and a black digital wristwatch with a yellow display. Their right hand is pressed against their lower back, and their left hand is also visible near the waist, suggesting they are experiencing back pain. The background is a soft-focus outdoor scene with green foliage and warm sunlight.

back2
balance

OUR TIPS TO

End Back Pain

www.back2balance.co.uk

Did you know... This is the number one reason why clients like you come to see us for help at Back 2 Balance.

Our first goal is to get you feeling as good as possible as quickly as possible. When we see clients in the clinic, often they may feel that they are passive during this phase, however... we assure you that you should not be. The more you can do for yourself, and get your body in a healing and regenerative mode the better (i.e. faster, less costly, less pain). At Back 2 Balance we excel at giving you many self help strategies and remind you that your body is the one doing the healing! We get you maximising it, and optimising healing through our adjustments.

1. Should I put heat or cold on my back?

- A. Use both alternately. How? Apply to the painful area, a hot pack/hot water bottle/wheat bag for 15mins, and then swop to a cold pack/ice pack/frozen peas for 15mins. Keep alternating for at least 1-2 hours. Please make sure that any of these are wrapped in a protective covering to minimise ice or heat burns on your skin. We can tell if you haven't done this....it leaves a certain skin marking on your back!

2. Should I rest and lie flat on my back?

- A. The latest medical advice which we wholeheartedly support is to keep moving gently. Try not sit or lay down for more than absolutely necessary. Gently stretch and move your back in different directions. Check out our [YouTube channel](#) for some ideas. Some movements will be better for certain conditions, whilst other ones will be harder for your body. Consult with your physical therapist. Doing some decompression stretches can help get your body out of 'lockdown'.

3. Does what I eat and drink affect my pain and healing rate?

- A. Yes! Nutrition can either improve your healing capacity or slow it down. Keeping well hydrated (with plain water) is great for your discs, for lowering inflammation, and for giving the body what it requires for health and healing. Limiting alcohol, processed foods and sugar also reduces inflammation. This in turn places less stress on your system, thus giving it the time and space to facilitate optimum healing. We often recommend epsom salt/magnesium flake bath, taking some good quality Omega 3/Vitamin D/ turmeric supplements, have all been shown to help lower the inflammatory response. We stock good quality ones in the clinic if interested.

4. Should I stop all activity?

- A. No, however we do advice you to reduce any of the aggravating factors e.g. certain poor postures, repetitive movement patterns, sitting too much. Make sure you take regular breaks from these positions. Your chiropractor and osteopath will guide you when the best time is to resume certain activities. Their goal is to get you back doing all the things you love, with a strong and healthy body.

5. Can a sleep position affect my back?

- A. Focus on good quality sleep, that leaves you feeling refreshed and ready for the day. Look at getting a supportive mattress and pillow. Different positions in bed will place different stresses on the body. Chat with us to see which sleep posture might be best for you.

6. Does stress affect my back?

- A. Yes. This has been cited as one of the leading causes of back pain! It might mean you have to ask your partner or friend to take the kids off your hands for a few hours or take a couple of days off work if particularly stressful! Other strategies include breath work, stop watching the news or social media, time out for 5-10 minutes of meditation, mindfulness practice, reading a great book, taking part in hobbies that you love.

7. I work at a desk all day, could this be why I get back pain?

- A. A good work station ergonomics can improve your posture and thus improve the health of you back, joints, nerves and muscles. Read [our blog](#) and [YouTube video](#) about this. The main points include setting up the monitor at the right eye level, regularly moving and taking breaks, changing mouse hand each day.

8. Does posture affect your back?

- A. Yes it does, over arching or slumping are both triggers for back pain. Arching too much puts more strain through your joints, and slumping puts extra weight through the back components of our discs (which it is not designed to have). Letting your shoulders round and hunch forwards and lowering your head, can put way more weight through your back. Your back is then having to work very hard to try to keep you upright against gravity.

9. Will strengthening my core and spine help improve my back pain?

- A. Generally, YES. Although, if your spine is not moving or functioning properly, then trying to exercise and strengthen it can actually be harmful. Depending on the structures affected and the actual causes of your back pain, will depend on which exercises will be helpful or harmful for you.