

What causes low back pain Pain can come from any part of your back, and it can be difficult to isolate its precise source. Most pain is believed to come from excessive physical stress acting on the normal spine or normal physical forces acting on an abnormal spine. Back pain affects half the population by the time they reach 30 years age. The biggest risk factor for a new episode of back pain is a previous episode of back pain.

How long will it last Acute low back pain may settle within three weeks. Although the pain settles, many people develop a chronic problem with an untidy pattern of grumbling symptoms. Typically they have periods of freedom from pain mixed with acute episodes of varying severity and duration.

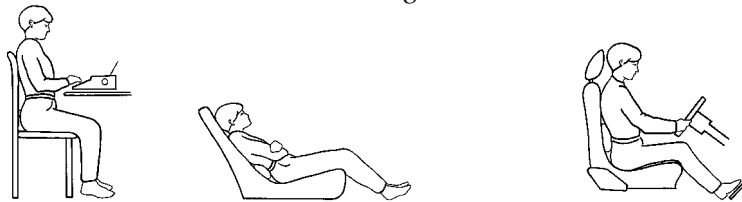
What will help?

- **Activity** :The best treatment seems to be to avoid bed rest, avoid mobilising exercises and continue your normal activities as much as you can
- **Drugs** Pain killers can help, take them at regular intervals Paracetamol and Ibuprofen can be bought from your pharmacist.
- **Bed Rest** :may be unavoidable if pain is severe, resting in bed for up to 2 days may help
- **Physiotherapy** :If this is available it may help if recovery is slow. If you have not returned to your normal activities by six weeks, then an exercise programme may help.
- **Back Posture and Car** : Can help avoid further back problems.

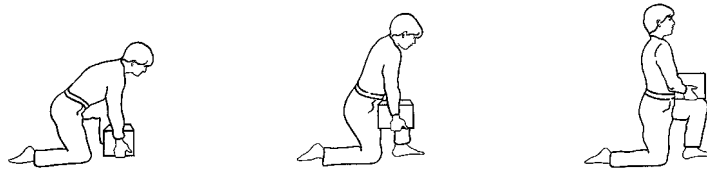
RIGHT

WRONG

Sitting



Lifting



Carrying and Reaching



Pushing

