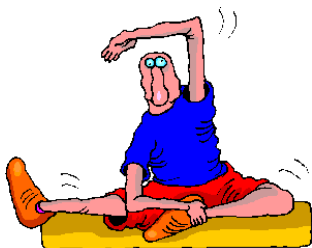


Back Pain Recovery

Best Management



The new approach to back injury and pain is to get active as soon as possible. The sooner you can get moving the quicker your recovery will be. Getting back to work and your normal activities will also distract you from your pain.

Even when your back is still painful there are activities you can participate in without putting too much stress on your back:

- ◆ Walking
- ◆ Swimming
- ◆ Exercise bike
- ◆ Dancing, yoga or keep fit



Exercise keeps your back moving so you do not stiffen up and also improves your general physical condition. By contrast the old fashioned treatment of bed rest for back injury leaves you stiff and your muscles weakened. It can also lead to depression



Activity

V

Rest

☺ Develops muscles		☹ Muscles weaken
☺ Keeps you supple		☹ You stiffen up
☺ Gives you stronger bones		☹ Your bones get weaker
☺ Makes you fit		☹ You lose fitness
☺ Improves general well-being		☹ You get depressed
☺ Releases natural chemicals that reduce pain		☹ It gets harder to get going the longer you leave it