

Skeltons Chemists

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Opening Times

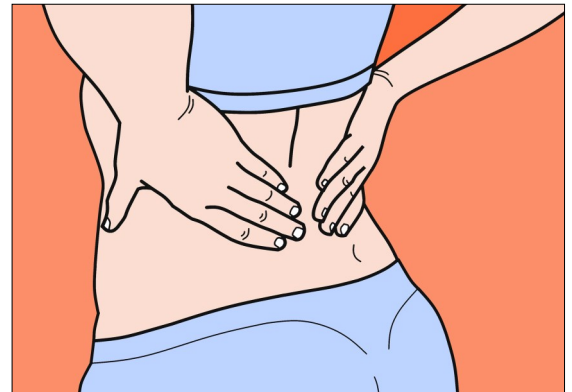
Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for April 2022

1. What are the most common causes of back pain?
2. How long will it take to get better?
3. Are there treatments I can try myself?
4. What treatments are not recommended?
5. Why are they not recommended?
6. What pain killers will help?
7. If I am in a lot of pain, should I go to bed?
8. Are there specific exercises I can do to help my back pain?
9. How long should I do the exercises for?
10. What type of relaxation should I do to help?



Do you suffer with back pain?
We may be able to help.

Answers on the bottom of page two

Causes of back pain

Back pain is very common, especially pain in the lower back, although it can be felt anywhere from the neck to the hips. In most cases the pain is not caused by anything serious and usually improves within a few weeks or months. It is not always possible to identify the cause but it is often due to poor posture, lack of exercise and muscle sprains or strains.

There are some specific conditions like spondylosis and sciatica. Spondylosis happens as we get older and the discs in our spine become thinner and the spaces between the vertebrae become narrower. It is very similar to the changes caused by

osteoarthritis in other joints. Sciatica is when there is irritation of the nerve that runs from the lower back to the feet which can cause pain, numbness, tingling and weakness in the lower back, buttocks, legs and feet.

Prevention

It is difficult to prevent back pain, but the following tips might help reduce your risk:

- Do regular back exercises and stretches - you can find these on the NHS website
- Stay active - doing regular exercise can help keep your back strong
- Avoid sitting for long periods of time.
- Take care when lifting
- Check your posture when sitting, using computers or tablets and watching TV. Find out



how to sit properly by going to the NHS Live Well website

- Ensure the mattress on your bed supports you properly
- Lose weight through a healthy diet - being overweight can increase your risk of developing back pain.

Treatments

The following tips may help reduce your back pain and speed up your recovery:

- ◆ Stay as active as possible and try to continue your daily activities - this is one of the most important things you can do, as resting for long periods is likely to make the pain worse.
- ◆ Try exercises and stretches for back pain. Walking, swimming, yoga and pilates may also help
- ◆ Try anti-inflammatory pain killers such as ibuprofen (tablets or gel but not both) but remember to check the medicine is safe for you with your pharmacist
- ◆ Use hot and cold compress packs for short term relief - you can buy these from the pharmacy or use a hot water bottle/ pack of frozen peas.

Although it can be difficult, it helps if you stay optimistic and recognise that your pain should get better. People who manage to stay positive despite their pain tend to recover quicker. Relaxation can also help. Deep breathing exercises, tightening and relaxing your muscles or using one of the relaxation apps like Calm or



Headspace will ease your pain.

However, there are treatments that are advertised on the internet that are not recommended by the National Institute of Health and Care Excellence (NICE) because of a lack of evidence such as:

- * Belts, corsets, foot orthotics
- * Traction - the use of weights, ropes and pulleys to apply force to tissues round the spine
- * Acupuncture
- * Therapeutic ultrasound - where sound waves are directed at your back to accelerate healing and encourage tissue repair
- * Transcutaneous electrical nerve stimulation (TENS) where a machine is used to deliver small electric pulses to your back through electrodes attached to your skin.
- * Percutaneous electrical nerve stimulation (PENS) - where electrical pulses are passed along needles near the nerves in the back
- * Interferential therapy - where a device used to pass an electrical current through your back to accelerate healing

If you would like to know more about this or any health-related problem, have a chat with one of our trained team.

Answers: Q1, Poor posture, lack of exercise, muscle strains or sprains. Q2, Back pain usually improves within a few weeks or months. Q3, Yes stay active (walking, swimming, yoga and pilates), relax, be positive, try pain killers and cold or hot compresses. Q4, Belts corsets, foot orthotics, traction, acupuncture, TENS or PENS machines, therapeutic ultrasound and interferential therapy. Q5, Because there is a lack of evidence that they work. Q6, Non-steroidal ones like ibuprofen (either as a tablet or gel). Q7, No. It's important to keep moving because people who remain active are likely to recover quicker. Q8, Yes and there are yoga and pilates exercises as well. You can find them on the internet. Q9, It is best if you continue to do them even if your pain has got better. Q10, There are many types of relaxation exercises like muscles tightening and relaxing while you slowly breath out or you can use relaxation apps like Calm or Headspace.