

Lower back pain

Back pain is very normal, 80% of the population will experience low back pain at some point in their lives. Most back pain resolves within a few days or weeks. Sometimes it persists but this doesn't necessarily mean that anything serious is going on.

The best way of managing low back pain is to stay active and to try and keep going with normal life. Resting for more than a day or two doesn't generally help. Painkillers like paracetamol can be helpful; you may want to consult your GP for more specific advice on painkillers.

Your spine is one of the strongest parts of your body and it's designed to move. If you have a period of prolonged rest you may prolong your pain because your joints get stiffer and your muscles weaker, this means it's harder to get back to normal activity.

Here are some exercises that are helpful in keeping your back moving.

[Back Pain Exercises 1](#)

[Back Pain Exercises 2](#)

If you are struggling to manage your back pain, you may want to consult your GP or self refer to Occupational Health Physiotherapy for assessment and advice.