



NEWS LETTER

“THINK BACK”

Thinking back to 1991, 20 years ago when First Physio opened in South Woodford, a lot has changed at the practice let alone in the world. However not much has altered with regards to back pain sufferers except that the numbers have increased.

In the UK a third of the population are suffering with back pain and up to 80% of the adult population will suffer significant back pain at some time in their life. Back pain may be referred to the hip, groin, buttocks and leg. The main causes of most low back pain are muscular weakness and postural strain due to being overweight, sitting too much, lack of exercise, unequal leg-length, trauma or over-exercise. Sometimes it is the cushion between the bones (intervertebral disc) which bulges (herniates) and compresses spinal nerves.

LIVING WITH BACK PAIN

Most of us will have back pain at some point in our lives. Although painful, in most cases back pain isn't normally serious. The pain generally lasts from a few days to a few weeks. It usually clears up after about six weeks. In general, the best treatment is to stay active. You may feel like going to bed, but this won't help and could make it worse.

The longer you are immobile, the weaker your back muscles will become and the more they will hurt in the long term.

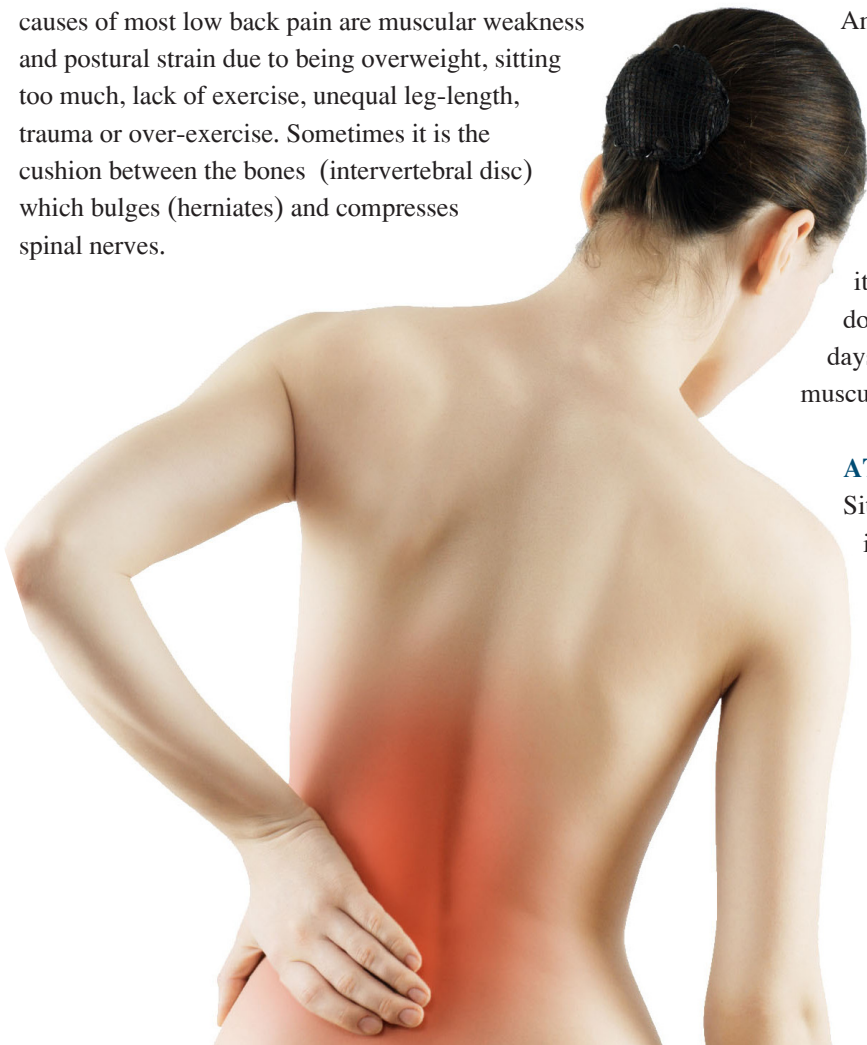
Any exercise that strengthens your legs, back and stomach will help to keep your back healthy.

BACK PAIN AND WORK

Suffering from back pain does not mean you must automatically be off work. Inactivity and bed rest can increase the chance of disability so it is in your interest to remain active unless your doctor tells you not to. About 9.3 million working days were lost due to work-related back pain and other musculoskeletal disorders in 2008/09.

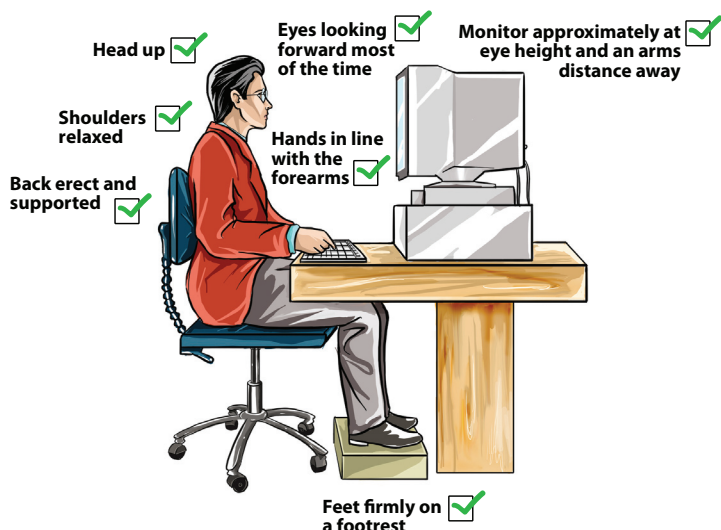
AT YOUR DESK

Sitting badly in front of a computer for hours on end is storing up trouble. The body can tolerate being in one position for only a short period of time before you feel the need to adjust.



Workstation factors that can affect your back:

- Seating posture
- Computer screen position
- Chair height
- Keyboard position
- Mouse position
- Desk equipment layout.



Frequent short breaks are better for your back than fewer long ones. It gives the muscles a chance to relax while others take the strain. This can prevent you from getting stiff and tense.

Most jobs provide opportunities to take a break from the screen, e.g. getting a drink, going for some fresh air, filing or photocopying.

WHAT DO I DO WHEN PAIN STARTS?

What you do in the early stages of an attack of back pain, is very important. Resting for more than a day or two does not usually help and may prolong the pain. Your back is designed for, and needs to be kept, moving. The sooner you restart your ordinary activities the sooner you will feel better.

Use simple methods to deal with the pain, such as painkillers.

Heat or cold applied to the sore area may help. First Physio will help relieve your back pain; by assessing you and giving treatment on the first sessions with an individually designed rehabilitation programme, which Pilates may be part of.

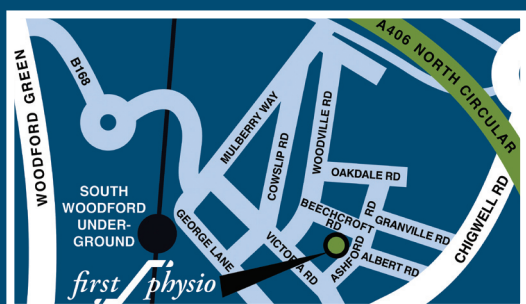
Pilates is a low impact form of exercise that develops body awareness, changes and improves posture and body alignment habits and also increases flexibility through the upper, middles and lower spine. Pilate’s classes and exercises are beneficial for increasing general fitness. It is helpful in reducing injuries, improves coordination and bone density and relieves stress. It does this by strengthening the central muscle groups around the abdomen, back and pelvis. First Physio recognises the value of Pilate’s exercises for back pain and offers one to one sessions tailored to your specific requirements. Call First Physio today to make an appointment. You will be seen by one of our expert physiotherapists who will listen to your needs and, together with you, decide on the appropriate course of treatment . This may be advice and exercises only, or a course of treatment that may include mobilisations and electrotherapy.

“THINK BACK” Don’t delay in seeking advice from us.



SPECIAL OFFER
 A gift to yourself, your family and friends 50% Reduction on initial physiotherapy session please bring this voucher with you at your first appointment

WE ALSO TREAT	COMPLEMENTARY THERAPIES AVAILABLE
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Arthritis	Acupuncture
Joint Pain	Massage
Whiplash	Podiatry
Sports Injuries	Reflexology



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