



What can  
**help** back pain?



○ Pain killers can help to reduce pain and make it easier to do other activities that help recovery.



○ Movement and exercise can help to ease back pain, but it can take time to work out which is best for you.



○ Discussing and understanding the complex nature of your back pain can help you deal with unhelpful thoughts and emotions.



○ Finding ways to move your focus away from pain such as restarting normal enjoyable activities or relaxing using mindfulness can help.



○ Eating a healthy diet, losing weight, stopping smoking and taking part in regular moderate exercise have all been shown to help back pain.



○ Some people find other options help them - acupuncture, massage, chiropractor, steam baths etc. These can help ease pain to help you become more active. However there is currently not enough research to support their use in the NHS.

**Your back pain is likely to improve but it may take you some time to work out what is the best back pain recovery plan for you.**