



How can back pain
affect you?



○ Pain is an unpleasant feeling that affects us emotionally and limits our movement.

○ When we get pain, the body responds by tightening muscles, increasing the sensitivity of the pain system, changing the way we move and making it difficult to focus on anything else.

○ Although helpful in the short term, if these responses continue they can get in the way of recovery.

Back pain makes it difficult to do the things that are important to us including work, sport, hobbies and socialising. We might even begin avoiding these things for fear of causing pain or doing more damage.



○ It can affect our relationships with partners, families, friends and work colleagues. Sleep is often disturbed.

The effects of pain can lead to stress, low mood and anxiety.



Recognising how pain is affecting us and communicating this to others is important. Understanding how the effects of pain are contributing to the problem can help your back pain recovery plan