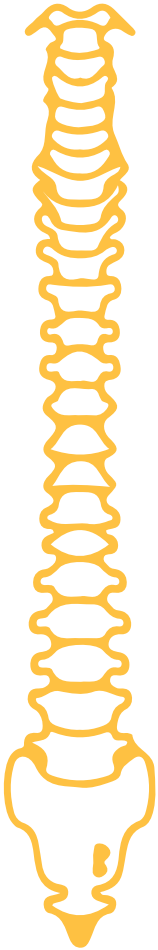




How does the  
**back** work?



- The back is a strong and resilient structure made up of bones, joints, discs, fascia, nerves and muscles.
- These structures all work together to let you bend, twist, lift and move.
- Changes in these structures occur as we go through life but these changes are not always associated with pain and they are all capable of some recovery and regeneration.
- These changes are often visible on x-rays or scans but this does not tell us much about your pain as they are just as likely to be seen with someone who does not have back pain.
- A capable back is able to bend far enough and quickly enough with sufficient control and strength to carry out the tasks required of it.

**Regular activity and a healthy lifestyle need to be part of your back pain recovery plan as they are the stimulus for repair and regeneration and help keep you doing the things you want to.**