

OAK BACKS

OPTIONS ADVICE KNOWLEDGE FOR LOW BACK PAIN & LEG SYMPTOMS

Low back pain and leg symptoms (sciatica) are common and most often improve. However, the symptoms can be distressing when they don't settle and life is affected. There are many myths about back pain, the latest research supports the following:

Your back is stronger than you may think

You should not fear bending or lifting

Exercise and activity can reduce and prevent back pain

You rarely need a scan or surgery

You can have back pain without any damage

Avoid bed rest, stay active

Get good quality sleep

If it doesn't improve, there are many things that **YOU** can do and there are local services that can help and support you.

Symptoms to look out for:

Back pain and leg symptoms are rarely due to a serious medical condition. **The following symptoms are rare but you should contact a doctor if you experience any of them**

Feeling unwell with your back pain. Fever or sweating that wakes you.
Difficulty passing urine or the sensation to pass water that is not there
Numbness / tingling in your genitals or buttocks area
Loss of bladder or bowel control
Loss of power in your legs
Impaired sexual function such as loss of sensation during intercourse

If you experience these please discuss with the course leader before you leave today

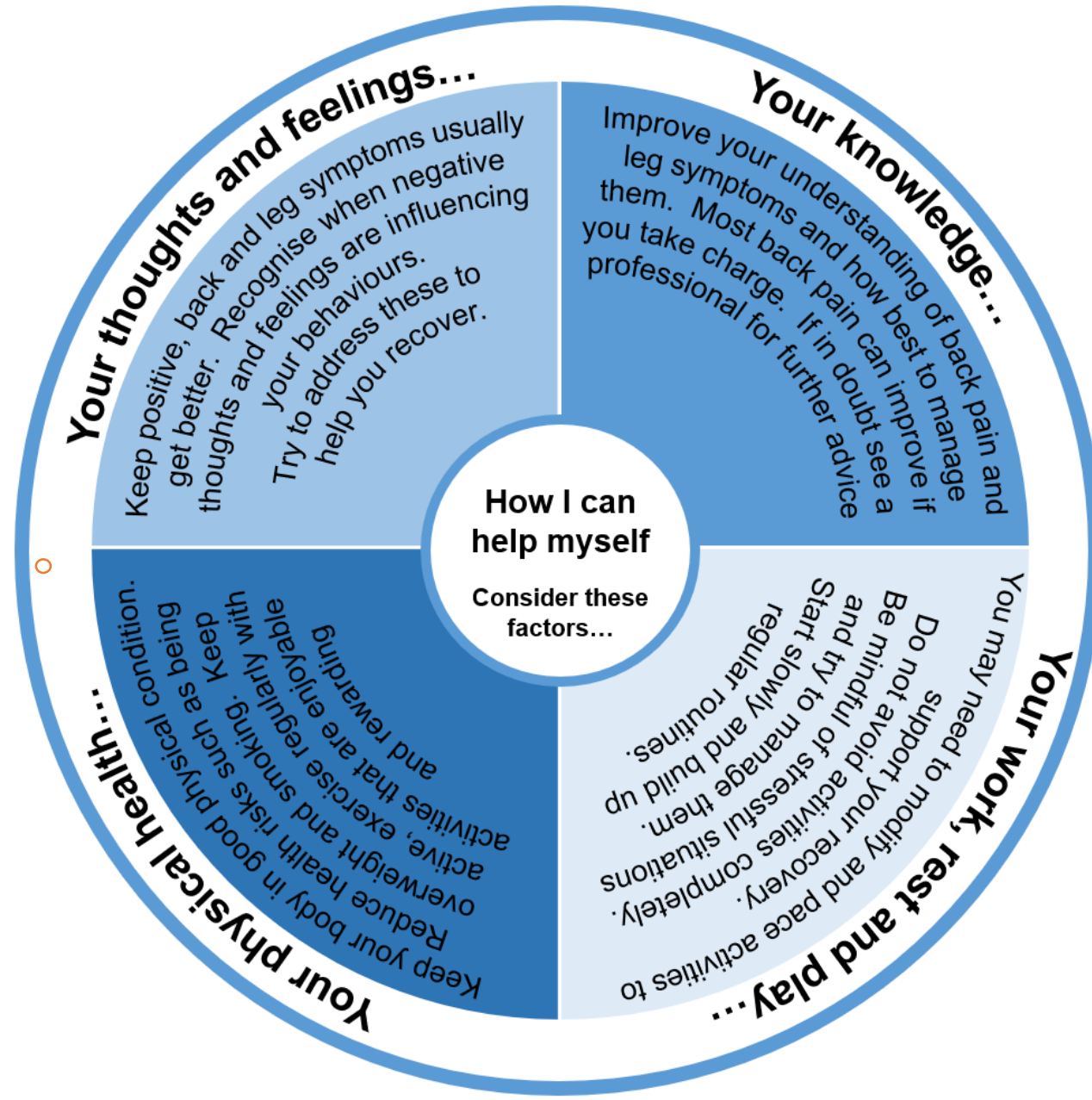
You can get further information at the following websites:

www.nhsdirect.wales.nhs.uk/encyclopaedia/b/article/backpain/

www.wlga.gov.uk/national-exercise-referral-scheme-ners

www.csp.org.uk/yourback

www.paintoolkit.org



Your thoughts and feelings...

Keep positive, back and leg symptoms usually get better. Recognise when negative thoughts and feelings are influencing your behaviours. Try to address these to help you recover.

Your knowledge...

Improve your understanding of leg symptoms and how to manage them. Most back and leg problems you take charge of. Professional help is available if you need it.

How I can help...

Physical health...

Improve your physical condition. Stop smoking. Keep active. Regularly with enjoyable activities. Gradually increasing your walking.

and play...

and pace activities to recovery.
activities completely.
ssful situations
age them.
and build up
utines.

Your physical health...

Keep your body in good physical condition.
Reduce health risks such as being
overweight and smoking. Keep
active, exercise regularly with
activities that are enjoyable and rewarding

Your thoughts

Keep positive, back all
get better. Recognise
thoughts and feelings
your body
Try to address
help you

Consider
factors...

Your work, rest and play...

You may need to modify and pace activities to support your recovery.

Do not avoid activities completely.

Be mindful of stressful situations and try to manage them.

Start slowly and build up regular routines.

Your physical health...

Keep your body fit and healthy.

Reduce your risk of heart disease, stroke, and other health problems by staying active, exercising regularly, and maintaining a healthy weight.

Consider these factors...

edge...

...of back pain and how best to manage it. You can improve if you are in doubt see a physiotherapist for further advice.

...and feelings...

Back leg symptoms usually
worsen when negative
thoughts are influencing
behaviours.
Address these to
recover.

Your knowledge...

Improve your understanding of back pain and
leg symptoms and how best to manage
them. Most back pain can improve if
you take charge. If in doubt see a
professional for further advice

...I can help myself

Start slow
and try to
Be mindful of
Do not avoid
support your
You may need to m

Your work, home



You

You

Important you are doing all you can to help yourself. If you have had back pain you need to always keep going with the recommendations.

GP

See your GP if you are not improving or are concerned in any way. They can provide an opinion, advice, discuss pain medication and organise onward referrals.

Exercise Referral

The National Exercise Referral scheme could be a good choice if you like support to exercise at your local leisure centre. Discuss with your GP or physiotherapist.

Who can help

Who
help
me?

GP

your GP if you are not improving or are concerned in any way. They can provide an opinion, advice, discuss pain medication and organise onward referrals.

Exercise Referral

The National Exercise Referral scheme could be a good choice if you would like support to exercise at your local leisure centre.

Discuss with your GP or physiotherapist.

Physiotherapist

Physiotherapy can help you to improve and leg symptoms. Physiotherapists can provide advice, education, exercise, manual therapy and guidance on managing new and existing problems. They can also arrange investigations and referrals. You can refer your GP to a physiotherapist today.

Exercise Referral

Exercise Referral scheme
be a good choice if you would
support to exercise at your
local leisure centre.

Discuss with your GP
physiotherapist.

Physiotherapy

Physiotherapy can help you to improve most back and leg symptoms. Physiotherapists can provide advice, education, exercise, manual therapy and guidance on managing negative thoughts and feelings. They can arrange investigations and onward referrals. You can refer yourself to Physiotherapy today.

Orthopaedics

Most back and leg symptoms do not require surgery. If appropriate you may be referred to an Orthopaedic Surgeon. They can provide opinion and advice on the need for further investigation, injections and surgery.

Can help me?

Physiotherapy

Physiotherapy can help you to improve most back symptoms. Physiotherapists can provide education, exercise, manual therapy and advice on managing negative thoughts and feelings. They can arrange investigations and forward referrals. You can refer yourself to physiotherapy today.

Orthopaedics

Most back and leg symptoms do not require surgery.
If appropriate you may be referred to an Orthopaedic Surgeon. They can provide opinion and advice on the need for further investigation injections and surgery.

It is important you are doing what you can to help your back.
Once you have had the pain you need to always keep going with the recommended exercises.

You

can help me?

You

You

It is important you are doing all that you can to help yourself. Once you have had back pain you need to always keep going with the recommendations.

GP

See your GP if you are not improving or are concerned in any way. They can provide an opinion, advice, discuss pain medication and organise onward referrals.

Orthopaedics

If your back and leg symptoms do not improve with appropriate self-help, you may be referred to an Orthopaedic Surgeon. They can provide an opinion and advice on the need for further investigation, injections and surgery.

What can I do?

