



# Low back pain

Back pain will usually improve within a few weeks or months. There are several things you can try to help reduce your pain in the meantime. Please see these helpful links below to help with the management of your pain.

## NHS website:

What is back pain:

<http://www.nhs.uk/Conditions/Back-pain/Pages/Treatment.aspx#active>

Exercises for back pain:

<http://www.nhs.uk/Livewell/Backpain/Pages/low-back-pain-exercises.aspx>

Posture and back pain:

<http://www.nhs.uk/LiveWell/workplacehealth/Pages/Backpainatwork.aspx>

Back Pain book:

<https://www.tsoshop.co.uk/Medicine/Specialist-Medicine-And-Treatment/Pain-And-Injury-Coping-Guidance/The-Back-Book/>

## Persistent Pain

If your back pain has been persistent for several months or longer then this youtube video may be of help in understanding persistent pain:

<https://www.youtube.com/watch?v=OYOi1AD5mOk>

## The Pain Toolkit

The Pain Toolkit has been designed by Peter Moore who has managed his persistent pain for several years. “The Pain Toolkit helps people all the world self-manage persistent pain.”

“Living with pain himself, he recognised while writing an article, that he had developed a toolkit of pain management skills to enable himself to become an active self-manager and to lead a better life.”

<https://www.paintoolkit.org/>

<https://www.paintoolkit.org/resources/podcast>

## Emotional wellbeing

Pain can have an impact on our emotions. These links from the NHS website may be of interest/help.

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/reduce-stress.aspx>

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/ways-relieve-stress.aspx>