

HEALTH / PHYSICAL ACTIVITY / NUTRITION

Managing Lower-back Pain

*Information, guidance, including physical activity
recommendations for people with Lower Back Pain*

GARETH HOGG - BUZZ PARS HEALTH & WELLBEING TEAM

Contact your BUZZ PARS Team:
Telephone: 0161 271 0505
Email: Buzzmanchester@gmail.com
Facebook: BUZZ Manchester Health and Wellbeing

buzz
Manchester
Health & Wellbeing
Service



Managing Lower-back Pain

Information and Physical Activity guidelines
with regards to lower back pain

- ◆ Chronic back pain affects over 9 million people in the UK
- ◆ This can be influenced by:
 - Age
 - Activity
 - Genetics
 - Weight
 - Injury/ Disease
 - Ethnicity
 - Occupation (ref: ESCAPE Pain UK)
- ◆ Conditions that can cause back pain include:
Weaker or Strained muscles | Slipped (prolapsed) disc | Sciatica | Ankylosing Spondylitis | Spondylolisthesis



Managing Lower-back Pain

Information and Physical Activity guidelines
with regards to lower 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.



Exercises:

Doing regular exercise alongside these stretches can also help keep your back strong and healthy.

Activities such as walking, swimming, yoga and pilates are popular choices.



Consult a suitably qualified fitness professional about specific lower back strengthening exercises and stretches



Managing Lower-back Pain

Information and Physical Activity guidelines
with regards to lower back pain



Below are a list of useful exercises that you can try with regards to Lower-back pain:



- Squats or sit to stands
- Back extensions
- Reverse Back extensions
- Hamstring strengthening exercises
- Side-bends
- Lower-back stretch
- Clam
- Side Leg raises



Speak to your BUZZ PARS Officer or Exercise Tutor for more information on exercises with regards to Lower-back Pain