



Low back pain

Information for patients



EasyRead version

Low Back Pain



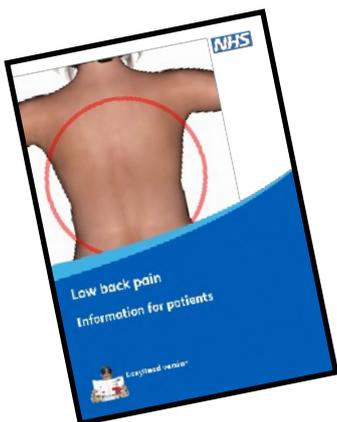
Lots of people have back pain.



Your back can hurt for a long time.

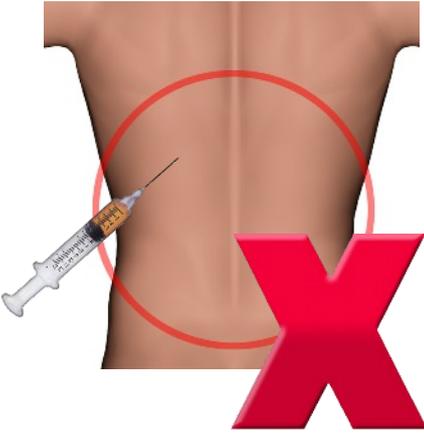


Sometimes your back will stop hurting and sometimes it will hurt more.



This leaflet shows you what you and the NHS can and cannot do to help.

Treatments that we used to give but are now stopping



There have been some treatments that your doctor will not now usually send you for, these are:

- some injections into your back
- acupuncture.



Things to do to help your back get better

The main thing is to keep moving, staying still can make your back hurt more.



Also try:

- the exercises in this booklet



- putting something warm on your back, like a hot water bottle OR putting something cold on your back, like an ice pack



- asking your GP if other treatments, like physiotherapy or talking therapy, might help

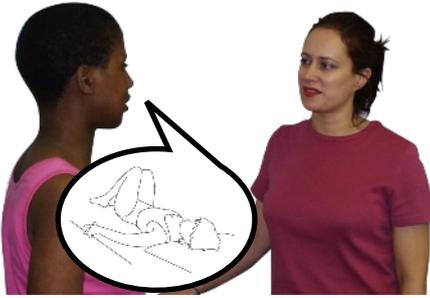


- talking to your GP or a pharmacist about what medicines could help stop your back pain.

Exercises to help your back get better:



Do these exercises gently **but stop if your back hurts a lot.**

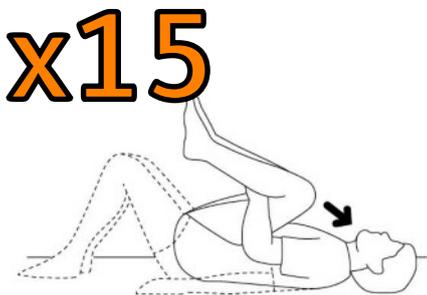


Ask someone to help you if these exercises are hard to do.



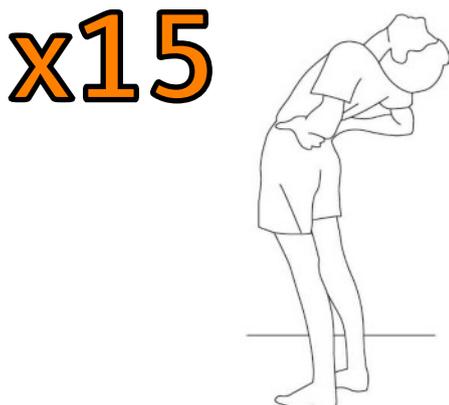
1. Lie on your back and bend your knees. Keeping your shoulders on the floor try to rock your knees from one side to the other.

Do these 15 times.



2. Lie on your back and bend your knees. Put your hands under your knees. Try to pull your knees to your chest. Count to 5 then put your feet back on the floor.

Do these 15 times.



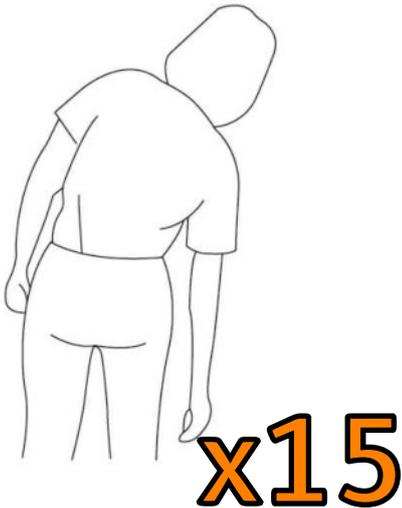
3. Stand up with a gap between your feet. Put your hands above your hips. Try to bend back and look at the ceiling. Then stand straight again.

Do these 15 times.



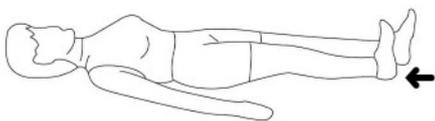
4. Sit on a chair with your knees far apart. Try to touch the floor between your feet and then sit up.

Do these 10 times.



5. Stand up with your hands by your sides. Try to slide your hand down one side of your leg. Then slide your hand down the side of your other leg.

Do these 15 times.



6. Lie on your back with your legs straight. Try to make one leg shorter without bending your knees. Then try to make the other leg shorter.



Doing these exercises can also help stop your back from hurting again.

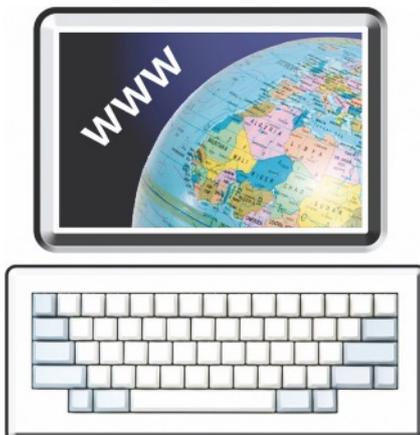


Making your back and body stronger can help stop your back hurting and stop it happening again.



You can also try:

- yoga
- swimming
- other exercise
- exercise at home
- asking your GP about other local exercise classes.



You can learn more exercises on this website:

<https://tinyurl.com/backpainweb>

Credits

Published by NHS North West London
Collaboration of CCGs.
March 2018.



This paper has been designed and produced by the EasyRead service at Inspired Services Publishing Ltd. Ref ISL185 17. March 2018

www.inspiredservices.org.uk



It meets the European EasyRead Standard.



Selected photos are from the Inspired.pics EasyRead collection and cannot be used anywhere else without written permission from Inspired Services Publishing Ltd.

www.inspired.pics

