

## Pain control

Sometimes painkillers and anti-inflammatory tablets (as prescribed by your GP or pharmacist) can help.

## Cold or heat

Some people find that using a pack of frozen peas wrapped in a damp towel for 20 minutes can reduce pain, while others prefer using a hot water bottle wrapped in a towel on the affected area for 15-20 minutes.

## Scans

Up to date information tells us that X-rays or other scans are rarely required.

## Need to contact the service?

Please see the Contact details section of this leaflet.

## Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 020 8394 3846/43

Email: [CSH.Feedback@nhs.net](mailto:CSH.Feedback@nhs.net)

Or write to the Head Office address below.

## Large print, audio format or another language

Call 020 8394 3846/43

or email [CSH.Communications@nhs.net](mailto:CSH.Communications@nhs.net)

to receive this information in large print, audio format or another language.

## General enquiries

Visit [www.cshsurrey.co.uk](http://www.cshsurrey.co.uk) for information and contact details for all other CSH Surrey services.

### A heart in the community

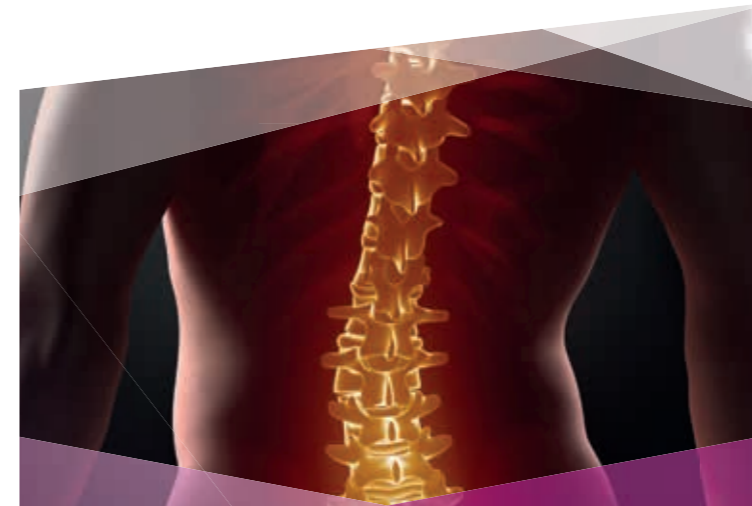
CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



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Company registered number 5700920

CSH/AD 024-04/14



## Back Pain

Advice, Exercise, Prevention

### Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

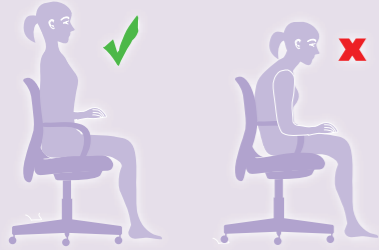
## Back pain is very common.

Unfortunately, four out of five adults will experience one or more bouts of back pain at some time in their lives.

- The most recent research suggests that keeping active and returning to normal activities as soon as possible will aid your recovery and help prevent long term problems.
- Back pain is normally due to the joints, ligaments and muscles in the spine being stressed or not working properly. With the appropriate exercise this can be corrected.

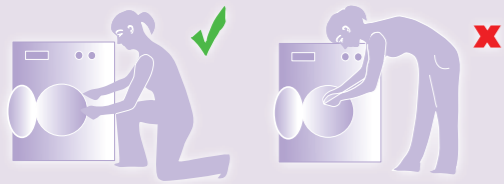
## Helpful hints

### Sitting



- Sitting is often a cause of pain. Try not to sit for longer than 20-30 minutes at a time without getting up to stretch/walk.
- Use an upright chair (avoid low, soft chairs).
- Keep your head over your shoulders when seated – don't slump! A rolled-up towel behind your lower back helps achieve this.

### Bending



- Avoid prolonged periods of bending and stooping. Kneel or crouch down when performing low tasks (eg making the bed, gardening or loading a washing machine).
- When ironing, avoid leaning forwards by placing the board at waist height.

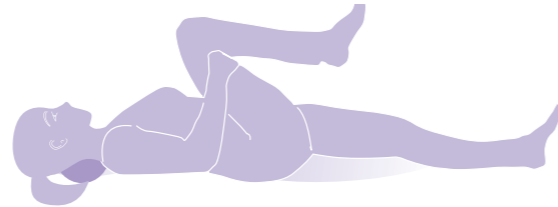
## Exercises

Try to do 5 to 8 repetitions twice a day.

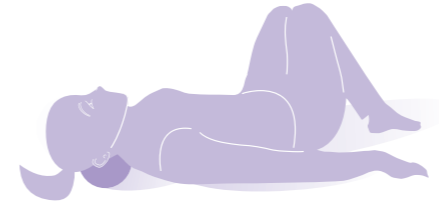
If any exercise makes your symptoms worse, stop the exercise. All exercises start by lying down with your knees bent and your feet on the floor/bed.



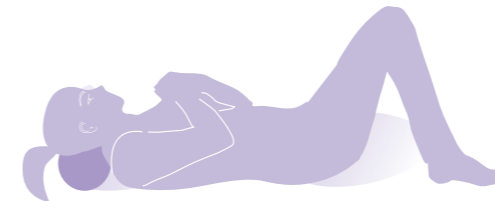
1. Put your hands on top of each other under the small of the back. Let the weight of your lower back and pelvis press on your hands. Hold for approx. 20 secs then relax.



2. Lift one knee towards your chest. Place your hands behind the knee and draw it into your chest. Relax and repeat with the opposite leg.



3. Slowly roll your knees from side to side keeping your upper trunk still and your knees together.



4. Pull your belly button into your spine and roll your tail bone off the floor/bed. Do not push down excessively through your feet. Sustain the contraction for 10 seconds using minimal effort and remember to breath normally.

**If symptoms persist, worsen or new ones develop, please consult your GP or Physiotherapist for specific assessment and advice.**

## Helpful hints

### Lifting



- Take great care when lifting.
- Try not to lift objects that are heavy or awkward.
- Get as close to the object as possible.
- Place your feet wide apart to keep you stable.
- Bend your knees not your back.
- Do not twist your back.
- Step around with your feet.

### Driving



- Take regular breaks when driving for long periods.
- Move your seat forward to avoid over reaching for the pedals.
- Adjust your seat to keep your knees and hips level.
- Try a rolled up towel in the small of your back to maintain good back and neck posture.