

Back Pain

Lower back pain is an extremely common condition, affecting most people at some stage in their life. Back pain is the result of injury to the muscles, joints, bones, discs or nerves in the spine. It can also be referred from elsewhere in the body. People injure their backs through poor postures, prolonged sitting, heavy or repetitive lifting, and generally moving in a less-than-ideal way. Pain may also be as a result of trauma to your back, either recent or years ago. Pregnancy can also place a great strain on your back.

Back pain is a 'musculoskeletal disorder' (MSD) which also includes neck pain and repetitive strain injury (RSI), now known as Work Relevant Upper Limb Disorder (WRULD).

MSDs are a main cause of people being off sick from work. Physiotherapy is extremely effective with MSDs. In one study, 80 per cent of people who had physiotherapy for their MSD were able to carry on working and did not have to take time off from their employment.

Our physiotherapists will help you to identify what has caused your pain, and how best to manage it. We have many different techniques to help relieve your pain, even if you've suffered with pain for years. We will also guide you through exercises and advice on how to manage your back, and how best to look after it in the future.