



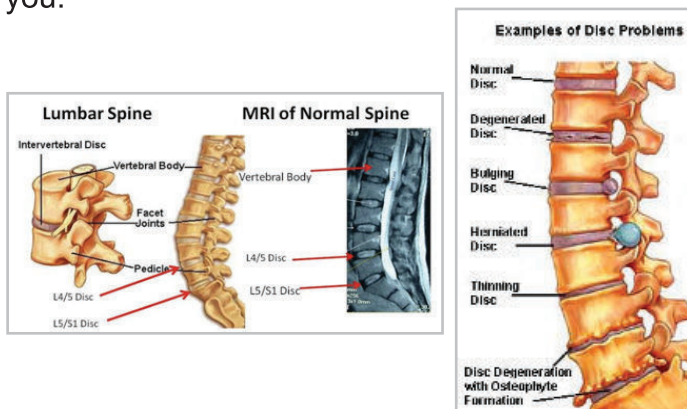
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# BACK PAIN

Back pain can be an incredibly limiting and life impacting condition. In Australia, approximately 16% of the population currently suffer from back pain, and 70-90% of people will suffer from back pain at some stage of life.

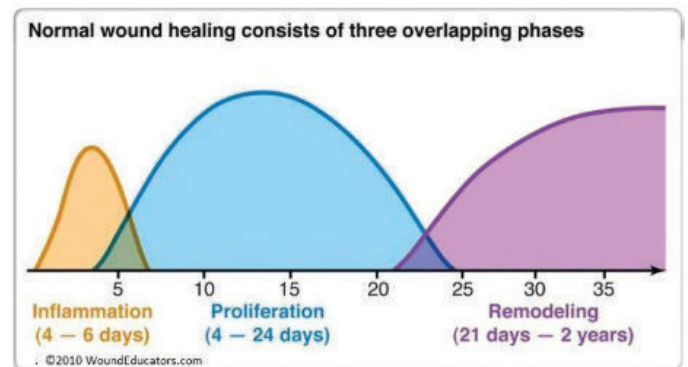
## COMMON STRUCTURES THAT CAUSE BACK PAIN

Correctly diagnosing the source of your back pain is critical for effectively treating the condition. Your GP and physio will do this for you.



## TISSUE DAMAGE & REPAIR FOLLOWING AN INJURY

When a tissue is damaged, it undergoes healing and remodelling that spans across several phases that change in duration depending on the severity of the injury:



## UNDERSTANDING PAIN

Pain is a healthy and normal response to tissue damage. It serves us by making us stop and rest to allow the injury to heal in the early stages. As an injury heals, the pain should reduce. If pain persists beyond the normal expected timeframes, it is referred to as “chronic pain”.

Chronic pain is different to acute pain, because it no longer accurately reflects the amount of tissue damage. It becomes a “communication malfunction”, where the brain and nervous system become overprotective and send us pain messages, even if damage or danger in the body is minimal or non-existent.

**The longer pain persists, the less likely it will accurately tell us about the amount of damage in the tissue!** It is therefore important to treat chronic pain with gradual exercise exposure, even if some pain is present.



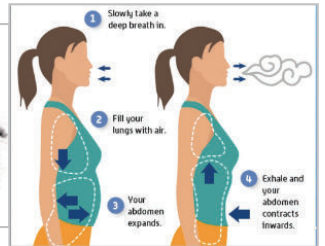
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## SPECIFIC STEPS FOR BACK PAIN RECOVERY

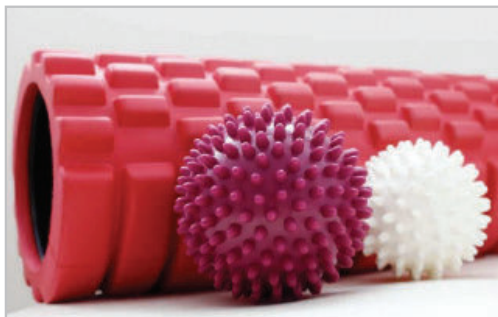
**1. Improve your postural alignment:** By improving body alignment, you reduce imbalanced forces which cause overload, pain and dysfunction. This is done through physio & exercise physiology (in-clinic) or can be self-managed with your FREE online program.



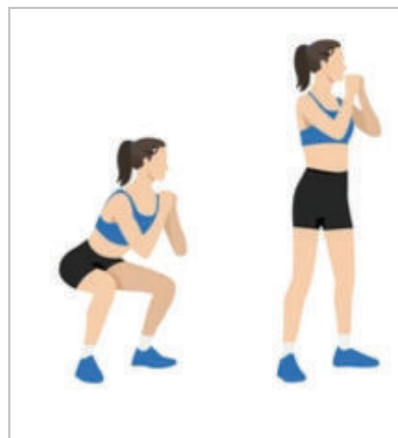
**2. Switch on your core:** This is not just your abs! Your core muscles support your spine and help with alignment while you move (see your free program). Diaphragm breathing is also an important aspect of core control.



**3. Muscle release and massage:** Releasing tight global muscles that are in spasm can create positive effects on both pain and movement. One must be careful to not 'over-release' whilst pain is still acute, as this can often result in a lack of spine support. This can be done by your physio or at home with rollers and balls.



**4. Postural strength and functional strength for work/life demands:** Exercises that promote good movement and control are essential for a



complete recovery. These exercises are injury-specific, so see a physio or exercise physiologist (or self-manage with your FREE online program)

**Don't forget to win the morning! Your morning program is essential to set up your day.**

**Your GP will be a great ongoing resource during your recovery. They will help you with advice, required medications and referrals as necessary.**