



BACK PAIN MYTH BUSTERS

We're busting myths
and reinforcing what the latest
evidence says is best for your back

Myth

**Moving
will make
my back
pain
worse**

Fact:

Don't fear twisting and bending - it's essential to keep moving. Gradually increase how much you are doing, and stay on the go.

Myth

**I should
avoid
exercise,
especially
weight
training**

Fact:

Back pain shouldn't stop you enjoying exercise or regular activities. In fact, studies found that continuing with these can help you get better sooner - including using weights where appropriate.

Myth

**A scan
will show
me exactly
what is
wrong**

Fact:

Sometimes it will, but most often it won't. Also, even people without back pain have changes in their spine so scans can cause fear that influences behaviour, making the problem worse.

Myth

**Pain
equals
damage**

Fact:

This was the established view but more recent research has changed our thinking. Modern physio takes a holistic approach that helps people understand why they are in pain.

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Fight the fear - move more

Half of all people experience back pain
at some point in their lives and it is one of
the leading causes of sickness absence.

*The good news: we are
constantly learning
more about it.*

Physiotherapists

are the experts in treating – and
preventing – back pain but hear
many myths about what is causing
it and what can make it better.

It's easy to understand why they
are held – indeed some may have
been the established view before
the evidence base moved on.

Problem is these myths create fear,
which causes people to stop doing
many of the activities they need
to do to address the problem.

*So let's bust those myths
and reinforce what
the latest evidence says
is best for your back.*

Find out more about the myths
and full references at:

[www.csp.org.uk
/mythbusters](http://www.csp.org.uk/mythbusters)

*If you have pain that lasts for more than six
weeks, please consult a physio or your GP.*