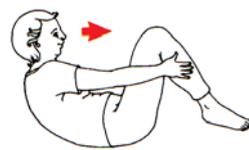


Simple ways to reduce your pain

Now that you've identified your particular pattern of pain, we'll show you some simple ways to control your symptoms and get back to normal.

PATTERN 1	PATTERN 2	PATTERN 3	PATTERN 4
<p>FOR FAST RELIEF</p> <p>Lie face down on the floor for a few minutes every hour. If necessary, place a pillow(s) under your stomach to reduce your back or buttock pain.</p>	<p>To relieve pain, sit down and bend forward or try doing the 'knee to chest' stretch.</p>	<p>In the acute stage, try lying in a pain relieving position regularly throughout the day. Long term bed rest is not recommended.</p>	<p>When you feel pain in your legs, stop the activity, sit down and lean forward until it subsides.</p>
<p>DAILY TIPS</p> <p>When sitting, use a straight-back chair and a five-inch lumbar roll to support the curve in the lower back. When working stooped over, take regular breaks to perform sloppy pushups.</p>	<p>When standing, place one foot on a box, step or rail. Alternate feet frequently.</p>	<p>Lie on your stomach, over a pillow(s) if necessary, and rest on your elbows. Alternatively lie on your back with your lower legs on the seat of a chair and your knees drawn up over your stomach.</p>	<p>Tighten your stomach muscles to maintain a pelvic tilt as you walk.</p>
<p>EXERCISES</p> <p>THE SLOPPY PUSH-UP</p> <p>Learn how to do the Sloppy Push-Up.</p>	<p>KNEES-TO-CHEST</p> <p>Learn how to do the Knee-to-chest Stretch and the Pelvic Tilt.</p>	<p>"Z" LYING</p> <p>Proper positioning to minimise your leg pain can help control your symptoms as you recover.</p>	<p>THE CRUNCH</p> <p>Embark on a long-term strengthening programme, focusing on the abdominal muscles.</p>



Our Back Institute Programme can help

Since opening in 2001, TBI Health has helped over 35,000 New Zealanders recover from their injuries. With a growing multi-disciplinary team we cover the spectrum of injury management and rehabilitation services to ensure you get the best advice and treatment for your pain or injury. Our commitment is shown in our quality assurance process, our ongoing professional development and our clinical research programme.

At TBI Health, you can count on our professional staff to:

- Provide prompt, friendly attention
- Quickly identify the nature of your pain and help you understand it
- Develop a treatment programme that is just for you
- Give you the ability to control your pain and return to everyday activities

Your family doctor or specialist may refer you to our clinic or you can contact us directly to book an appointment. If you are eligible for ACC or insurance funding our TBI Health physiotherapist can register your claim on your initial visit.

To find your nearest TBI Health clinic and book an appointment call **0800 TBI Health (842 432)** or visit our website on **www.tbihealth.co.nz**

Back Pain Relief



TBIhealth
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Unfortunately, back pain is a very common problem. Over 85 percent of the population will suffer from back pain over the course of their lifetime.

Managing back pain

Thankfully, back pain can usually be managed and controlled. This Self-Help Guide can help put you in control of your own back problem.

Understanding your back pain

The first step in relieving your back pain is to understand the mechanics of your back. If you can determine where the pain is coming from, you are on your way to taking control and finding relief.

Your spine extends from the base of your skull to the top of your pelvis. The bones of your back are called vertebrae. Between each vertebra are discs which are fibrous, jelly-filled shock absorbers that allow the spine to stay flexible while supporting your body weight and the weight of anything you lift. Other important components of your back are joints that link each vertebrae to the one above and the one below.

Your spinal cord lies within a continuous body tunnel known as the spinal canal. It is made up of rings of bone attached to the back of each vertebra. Branches from the cord exit the canal between adjacent vertebrae and create the nerves that travel throughout the body. The nerves that allow your spine to feel pain are the same nerves that cause your limbs to feel pain. When signals originating from a disc or back joint are felt down your leg or arm, we call it referred pain. This effect is common and typical of most mechanical back problems. This type of pain is different from that of a pinched nerve, which can also travel into the arms or legs but is far less common.

4 Easy Steps To Identify Your Pattern

It's important to know that if you are among the vast majority of back pain sufferers, you are probably experiencing a mechanical problem. This means that the source of your symptoms is likely to be coming from one of the spine's physical components: the bones, the discs or the joints. The good news is that mechanical back pain almost always falls into one of the four common patterns of pain. Once you recognise your typical pattern, you can take steps on your own to quickly reduce pain.



	PATTERN 1 Commonly called Disc Pain	PATTERN 2 Commonly called Facet Joint Pain	PATTERN 3 Commonly called Pinched Nerve	PATTERN 4 Commonly called Spinal Stenosis
STEP 1 Where is your pain located?	Pain is worst in the back. May spread to the buttocks or legs	Pain is worst in the back. May spread to the buttocks or legs.	Pain is worst in the leg, although back pain may be present.	Pain is worst in the leg(s), described as heaviness or aching.
STEP 2 How often are you in pain?	Pain is usually intermittent but may be constant with varying intensity throughout the day.	Pain is always intermittent.	Pain is usually constant.	Pain is intermittent and occurs with activity.
STEP 3 What makes your pain worse?	Pain is made worse by sitting and by bending forward.	Pain is made worse by bending backwards and standing or walking for long periods of time.	Pain is often made worse by sitting and bending, but can also be made worse by backward movement in the acute stage.	Symptoms are made worse by activity. Walking for more than a few minutes makes the legs feel achy and weak.
STEP 4 What makes your pain better?	Pain is eased by performing a sloppy pushup. It is better to walk than to stand, and stand than to sit.	Pain is eased by bending forward or sitting.	Pain is eased by laying face down or on the back with a pillow under your knees.	Symptoms are relieved by a change in position, such as bending forward or sitting.

The Truth About Back Pain: Myths and Facts

MYTH

Slipped Discs

FACT

Discs cannot slip. They are securely attached between the bones of the spine. Discs allow movement while protecting the spine against sudden impact.

MYTH

Degenerative Disc Disease

FACT

By your late teens, your discs have begun to dry out. As the centre of the disc loses moisture, the outer shell may crack and give way, but will toughen up again as you grow older.

MYTH

Pinched nerves are a common cause of back pain.

FACT

Only one in ten back pain sufferers have a pinched nerve. If it is a pinched nerve, the pain will be most disabling in your leg, not your back.

MYTH

Back pain is a common problem of old age

FACT

Most back pain occurs between the ages of 25 and 60, and most typically in the 40s.