

Advice for the Sudden Onset of Back Pain

Bed rest is generally not recommended

Stay as active as possible and try to continue with normal daily activities.

Remain at work or return as soon as possible

Avoid heavy lifting and prolonged or awkward postures e.g. twisting, long journeys

Avoid positions or activities that cause discomfort

Gradually increase physical activities over the next few days

Seek further medical attention if:

- You experience pins and needles, referred pain to your legs, or bowel/bladder problems
- Your pain does not improve within a few days

These guidelines, based on research, were developed by a working party that included medical practitioners, physiotherapists, osteopaths, chiropractors and back pain sufferers.

If in doubt, seek the advice of a physiotherapist