



NERVE-RELATED BACK PAIN

A simple recipe for managing a grumpy back!

1 EXERCISE

There are 2 types of exercise that we want to be doing

- Specific exercises to maintain or improve range of movement in your back
- Aerobic exercise: minimum 2x per week for 20 minutes that gets you a bit out of breath

Both of these will help to decrease your symptoms and improve your ability to do your daily tasks.

If you have not exercised like this before or have a pre-existing medical condition ask your physio to set up an exercise plan for you.

2 REGULAR PAIN RELIEF

If your pain is hard to settle once aggravated, or it is stopping you doing your usual tasks/work then we need to get it under control.

Stop in at the pharmacy or make an appointment with your GP to get the right pain relief for you. Keeping pain at a level that does not interfere with your activities enables the body to adapt more easily.

3 PACING

Getting the balance right is hard.

Right now your nervous system is on a higher alert than normal. For adaptation and healing to occur we need to keep adding to our overall load but when we overload we can get a bit of a kick back. You may also notice that this does not manifest until the following day.

Being good at pacing means being aware of the overall load of your whole day and knowing what activities to keep doing and what to say no to.

Remember, this volume should be gradually increasing over time.

4 PROLONGED POSTURES

Nerve pain in your back is often susceptible to irritation from postures that you need to assume for long periods of time. For example; sitting, driving, cycling. If there is an activity that you need to do that irritates your back, get creative! Finding ways to position the chair differently eg closer or getting a cushion, taking breaks or standing for periods can all help to break up the time until your back is back to it's old self.

5 HEALTH PROFESSIONAL

Some people find that hands on treatment such as massage, mobilisations or other techniques can help whilst the pain is very acute.

Call or email your physio to discuss what we can do to help you get moving again.

Getting past the initial stage of nerve-related pain can be tricky. No one can tell you the ratio of importance of each of these ingredients as it will be individual to you.

However, your physio is keen to help you figure it out!

You can email or call us to discuss your progress, or book into the small group class to go over your plan.