

Acute Low Back Pain

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Low back pain is a common condition, which affects people of all ages with all different lifestyles. This condition is said to be acute if you have had your symptoms for less than 6 weeks. Following recent research on acute low back pain the following advice is recommended.

- **Adequate pain relief.**

Anti-inflammatory medication or paracetamol may effectively reduce your symptoms, which will be more beneficial if taken at regular interval. If you have any concerns regarding medication please speak to your GP.

- **Remain active.**

Staying as active as possible and continuing normal daily activities helps to speed up your recovery. You may gradually increase your physical activity as your symptoms reduce. Rest only if essential i.e. it reduces increased symptoms. Try to avoid bed rest as this may prolong your recovery.

- **Preventing a recurrence of back pain.**

Carrying out the advised care with acute pain should help to prevent the development of a more chronic problem.

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