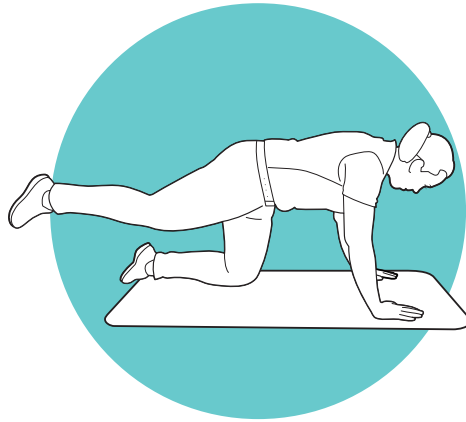


## Hip Extension

Start with your hands and knees on the floor. Slowly straighten one of your legs out behind you, lifting your foot. Hold for 5 seconds and then return to the start position.

**Repeat 5 times on each leg.**



## Things to look out for

**If you notice any of the following then seek medical attention urgently:**

- Sudden changes in your bladder or bowel habits
- Numbness around your genitals or bottom
- A loss of control of your legs
- Recent significant trauma

**Also, if you have any of the following then contact your GP:**

- A fever and generally feeling unwell
- Previous history of cancer
- Unexplained weight loss

## Further information

For further information about back pain, please see our advice pages and video [www.citycarephysio.org.uk](http://www.citycarephysio.org.uk)

[www.nottinghamcitycare.nhs.uk](http://www.nottinghamcitycare.nhs.uk)

©Nottingham CityCare Partnership CIC  
Registered as a company limited by guarantee  
Company Registration Number: 07548602  
Registered address: 1 Standard Court, Park Row, Nottingham. NG1 6GN

# Back Pain

Your guide to managing your pain and relieving your symptoms

Experiencing back pain is a normal part of everyday life. In fact, around 8 in every 10 people will experience it at some point in their life. For most people their pain is short lived, with the majority recovering within four weeks.

You may experience pain in your back or into your leg. Either of these symptoms can make certain positions such as sitting, bending or arching the back uncomfortable.



**NHS**

## Is my back pain serious?

Everybody's experience of pain is different and lifestyle factors such as stress, anxiety and avoiding activities can make pain worse. For the majority of people there isn't anything seriously wrong.

## Do I need a scan?

A physiotherapy assessment should be able to determine if you need a scan. In around 95% of cases scans don't show anything important and so they won't change how you manage your pain.

Routine scans are not necessary. They often show things such as spondylosis which is a normal part of getting older. It is no different than your hair turning grey or getting wrinkles on your skin.

## Do I need surgery?

Most back problems can be improved by staying active and managing other lifestyle factors. Only a very small number of people need surgery or injections.

## What can I do to help?

### ● Posture

Vary your posture throughout the day. Try and get up and walk about regularly if you sit a lot. Contrary to popular belief there is no 'good' or 'bad' posture.

Lifting and bending are a normal part of everyday life, try not to avoid it. In fact, practising it can help with recovery.

### ● Exercise

People are often afraid to exercise because they think it will make their back pain worse. Although it can be daunting at first, exercise can help reduce pain and improve your overall health. Try and do exercise that you enjoy, that way you're more likely to do it regularly. It might feel sore at first but this doesn't mean you are damaging anything.

### ● Lifestyle

Factors such as stress, anxiety, mood, depression, lack of sleep and fitness can all influence how we interpret pain. Addressing these can help reduce your symptoms.

### ● Medication

Taking pain relief can help you keep active. Discuss with your GP or Pharmacist to find out what you could take to help.

## Simple Exercises



### Knee Rolls

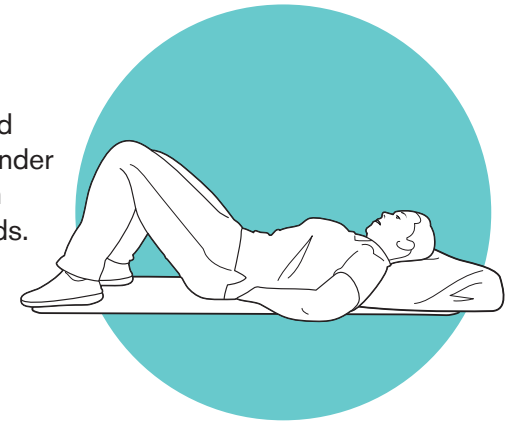
Lie on your back with both feet on the floor and your knees bent. Gently roll your knees from one side to the other, keeping your feet on the floor. Hold for 5 seconds at each side.

**Repeat 5 times each side.**

### Pelvic Tilts

Lie on your back with your knees bent and your feet on the floor. Place your hands under the lower part of your back. Slowly flatten your back into your hands. Hold 5 seconds.

**Repeat 5 times.**



### Side Flexion

In standing, slide your hand down the side of your leg. Hold for 5 seconds.

**Repeat 5 times in each direction.**

