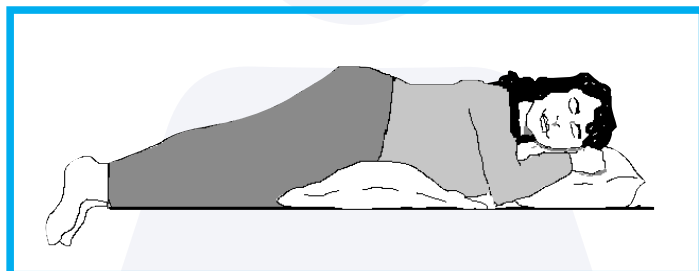
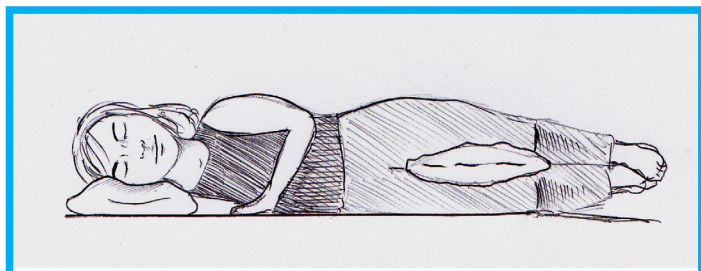
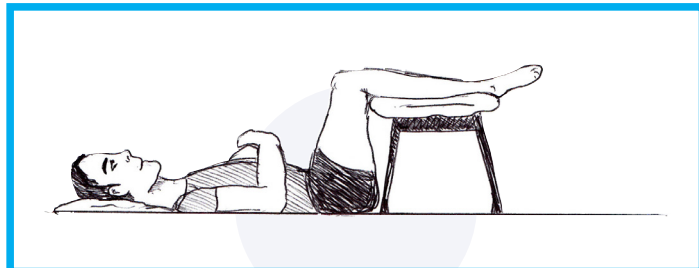
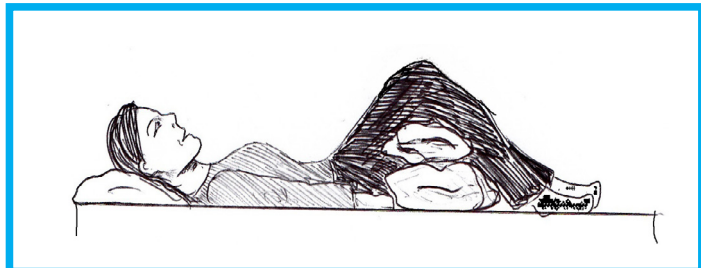


## Advice for Managing Back Pain

**It may be useful to try these positions when you are resting or to sleep at night.**



### Keep active

- Generally it is best for you to try to keep as active as possible in the day.
- Try to maintain as much of your normal daily routine as you can whilst managing this problem.
- Try not to stay in one position for too long.

**Medication** can be a very useful part of managing your back pain.

- It can help you to maintain gentle activity and daily routine.
- Taking your pain killers regularly, as prescribed, is likely to help relieve symptoms and enable a quicker return to normal activities.
- You can seek further advice from your GP or local pharmacist.

### Use of heat or cold

- Heat or cold can help to decrease pain and muscle spasm
- You may need to test both of these to see which one gives you the best relief
- Mild heat – hot pack or hot water bottle wrapped in a towel, put over your back for about 20 minutes.
- Cold - ice pack or frozen peas wrapped in a towel, on for about 20 minutes.
- Remember that both heat and cold can burn your skin. Make sure you check that you can feel the temperature and check your skin.
- These can be used when in a resting position.
- You may get extra benefit if you use either of these before or after your exercises.