



Things to AVOID when you have back pain

1 Heavy Lifting



While this may seem obvious. There are a few people who will always try to push through the pain. The expression “no pain, no gain” is in many cases outdated and if your work required heavy lifting it is more than reasonable to take a few days off.

2 Too Much Rest



On the other hand, lying in bed all day is bad for you as well. If you have severe back pain, gentle movement under the advice of a physiotherapist is much better for you than complete rest.

3 Long Car or Plane Trips



If possible, now is the time to avoid long distance travel. If you absolutely must travel, speak to your physiotherapist about how to manage your pain during the trip.

4 Delaying Treatment



While your pain may go away on its own, it is important to have a professional assess your condition to screen for any serious injuries and advise you on how to best manage your pain while you are getting better. They can also help you recover as quickly as possible.

5 Expecting a Miracle Cure



Back pain is complicated, and a single treatment that works for everyone does not exist. It is important to follow the directions of your therapist and work with them to set reasonable and realistic goals for your recovery.

MYTH

I need a referral from my GP before I can see a Physiotherapist.

FACT

You can make an appointment for your injury assessment and treatment directly with your Physiotherapist – no referral is needed. We also take care of the ACC

Conditions your Physio can help with

Muscle tears, ankle sprains, back pain, headaches, shoulder pain...just a few of the more common injuries your physiotherapist can treat. However, most people already know this.

But did you know that physiotherapy can also treat a huge variety of other conditions? Some of them may surprise you.



Don't Just Sit There

We know that repetitive behaviour can cause injuries, but scientists have found that the worst type of repetitive behaviour could be sitting itself.



In our modern lives it is hard to avoid sitting. More of our lives are online, our work and entertainment are often done through a screen. Add in driving your car or riding on the bus and we are sitting more than ever before.

Why is it so bad? Extended periods without moving regularly causes joints to stiffen and over long periods of time the joints begin to lose some of their movement.

Joints need to be able to move freely to stay healthy and this is particularly true in the spine. There are simple ways to combat back problems relating to too much sitting. Standing has been shown to be much better than sitting. So if you have an office job try to stand wherever possible. Take your phone calls standing up. Just one minute of movement every twenty minutes could be enough to keep you in good health.

PHYSIO TIP



No time for exercising? Try this...

While brushing your teeth work on your balance & multi-tasking skills by balancing on one leg 1 minute then the other leg for a further minute.

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