



BACK PAIN

WARNING SIGNS

- Constant pain which is worse at night
- Loss of bladder or bowel control
- Numbness of the back passage or genitals
- Pain down both legs
- Numbness and weakness in one or both legs and feet
- High temperature
- Any swelling or redness in the back area
- Unexplained weight loss

If you have any of the above, consult your GP immediately or go to A&E.

WHEN TO SEEK OCCUPATIONAL HEALTH PHYSIOTHERAPY?

- The symptoms continue to persist despite engaging in the above advice and recommendations

- The symptoms are affecting your ability to undertake your normal role/duties at work.
- Are absent from work as a result of your foot/ankle pain

Useful Links:

<https://www.nice.org.uk/guidance/ng59/chapter/recommendations>

<https://www.versusarthritis.org/about-arthritis/conditions/>

For DSE users:

Have you set up your workstation correctly?

Please complete the DSE user questionnaire on the JLR way or via success factors.

Employee Assistance Programme (EAP):

Confidential 24hr helpline offering advice, information and counselling on issues relating to money, personal life, relationships, work, legal issues, family crisis or illness.



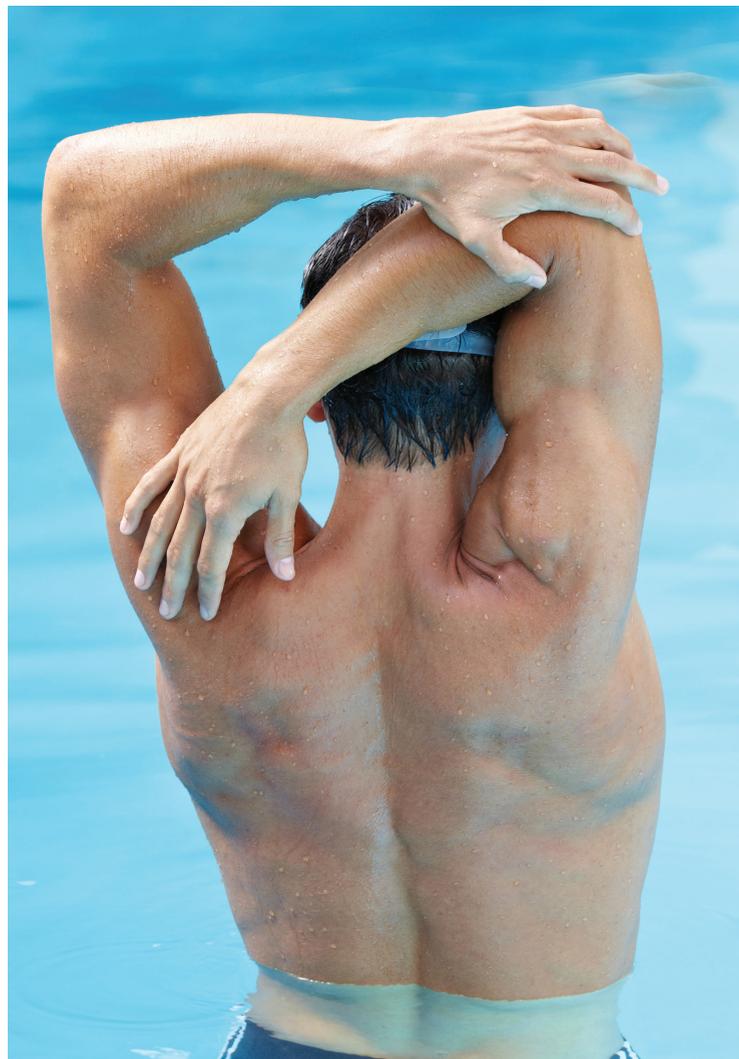
GENERAL INFORMATION

Back pain affects up to 60% of people in the UK at some point in their lifetime. It is estimated that 80% of back symptoms usually resolve within 6 weeks of onset without the need for investigations or specialist referral. Individuals whom have symptoms longer than 12 weeks and/or demonstrate certain behaviours and beliefs towards their pain (e.g. negative/catastrophising thoughts, fear avoidant or compensatory patterns of movement) as a way of coping with their pain, are at increased risk of long-term pain and functional disability. Therefore, early advice can be beneficial to aid recovery.

HOW TO MANAGE YOUR BACK PAIN

Continuing or resuming your normal regime and keeping active is essential in managing back pain. Other simple strategies to help recovery are:

- Avoiding prolonged static positions. Whether at home or at work, make sure to move around regularly and change position.
- Taking regular pain-relieving medication may be beneficial especially a combination of Paracetamol and Ibuprofen. Anti-inflammatories should only be taken if tolerated and with no previous adverse effects or pre-existing conditions which may prevent you from taking it.
- Ice packs for the first 24-48 hours can be useful. Thereafter, heat packs or hot water bottles applied to the painful area intermittently in the day can be relieving.



EXERCISE

In the absence of any serious condition, engaging in physical activity can help to reduce joint stiffness and improve muscle weakness/tightness which may be affecting normal movements of the back. Exercise can not only help with pain, but also is associated with the release of certain hormones, helping to improve mood and our perception of pain. Participate in an activity which normally gives you pleasure and steadily increase the frequency and intensity (graded exposure). Each day increase a little. It is normal to experience an initial rise in pain as you try to increase physical activities around the house, with exercise or returning to normal duties at work.

BACK EXERCISE

Maintaining good posture throughout the day particularly in the spine and shoulders is important to prevent worsening symptoms. When sitting or standing, try to maintain a tall spine. Try to perform all range of movements in the back such as:

1. Side bending- bending sideways at the waist running the fingers down the side of the thighs
2. Extensions- standing straight with feet hip distance apart placing hands in the curvature of your lower back leaning backwards
3. Cat stretches- on all fours let your back hollow then slowly arch your back
4. Child's pose- from all fours, sit back onto your heels keeping your arms straight ahead of you and forehead resting on the floor.

These exercises can be repeated several times a day holding for up to 20 seconds.

WORK

Evidence recommends that remaining in work following an episode of back pain is beneficial for most people. Depending on the type of role, temporary adjustments may be necessary to enable you to return to your full upstanding role sooner. If the type of work involves repetitive bending or twisting, a temporary period of rest from these positions would be beneficial. Also avoiding heavy lifting, especially with an extended reach. The longer you are absent from work, the greater the risk of developing longer term symptoms and the less likely you are to return to work.

