



Top 10 tips for a healthy back

1



Be active and mobile; sit less.

If you are going to google symptoms, look at non-commercial websites. Beware of scare mongering and scams that may not be effective or may even be harmful. Rather than alternative medicine, verified, independent medical resources are a good start. Try EUROSPINE's Patient Line, for example: www.eurospinepatientline.org

2

Do whatever exercise you enjoy. No one type exercise has been proven to be better than any other for low back pain.



3



Fact: Your back is strong, robust and adaptable. Just relax and move it without fear.

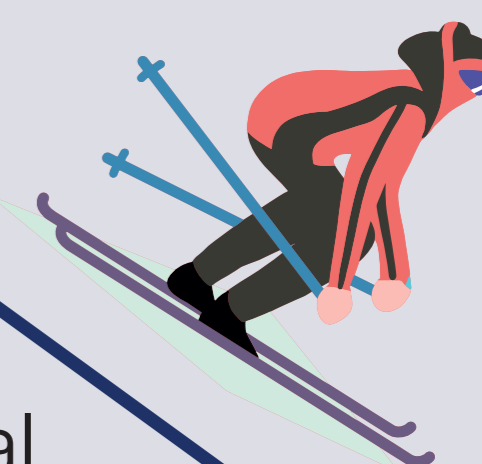
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Back pain is very common, most episodes will get better, and they get better quicker with activity rather than rest.

5

Everyday activities and postures do not wear out your spine. There is no evidence that posture impacts your pain.



6



It's never too late to start exercise. Some is good, more is better. Some individuals need additional help and encouragement to overcome fears of doing harm.

8

Repeat 4, 5 and 6.

Repeat 1, 2 and 3.

7

10



With increasing age, recognise and reduce risk factors that can lead to osteoporotic fractures, including preventing falls (balance exercises), stopping smoking, drinking less alcohol, and maintaining a balanced diet.

9

