

Physical Activity & Exercise



The people who cope best and recover quicker are those who remain physically active and get on with life.

Regular sport and exercise in line with the governments recommendation has proven to be very valuable in managing and coping with back pain.

STAYING ACTIVE

7/10 people will experience back pain at some point in their life. Research shows that one of the most effective methods of managing your back pain is staying active.

Bed rest is **NOT** recommended.

Staying active means continuing with day to day activities and avoid becoming sedentary. If the pain is too severe make sure you visit your GP who will prescribe painkillers, which will allow you to remain mobile and active.

An active lifestyle can vary person to person. If you have a relatively low amount of activity in your daily life you need to start walking more often (try getting off the bus a stop earlier). If you are very active and struggling to continue with the gym or normal sports, adapt regime at gym to cycling, and supported upper body weights (putting no extra strain on lower back).

WHY IS EXERCISE SO IMPORTANT?

Whether you are a regular walker, elite sportsman or women everyone can benefit from exercise.

- ◆ Muscles become stronger
- ◆ Increase in flexibility
- ◆ Increase stamina (making jobs around the house easier!)
- ◆ Improves balance and posture
- ◆ Improves circulation
- ◆ Helps keep weight under control
- ◆ Improves confidence and self esteem
- ◆ Improves sleep
- ◆ Improves mental alertness and psychological wellbeing.

Not only all of this but it can help prevent heart disease, type II diabetes, osteoporosis, osteoarthritis and some types of cancer.



Physiotherapists recommend that adults exercise for 30 minutes a day at moderate intensity, 5 times per week.

‘Moderate intensity’ means that both your heart and breathing rates should increase, and you might break sweat.

TOP TIP: 30 minutes can be broken down into three 10 minute sessions, making it more manageable if you are experiencing lower back pain or are strapped for time.

Ways to exercise:

- ◆ Walking outside, up/down stairs.
- ◆ Gardening
- ◆ Keep active at work—move regularly and use the stairs.
- ◆ Housework
- ◆ Join a team