

IMPORTANT SIGNS AND SYMPTOMS OF INFLAMMATORY BACK PAIN

- Spinal pain and stiffness first thing in the morning lasting **more** than 1hr.
- Spinal pain and stiffness that began in late teenage years/20s, for no apparent reason.
- Pain in both buttocks/bottom of your spine.
- Pain in one buttock which sometimes changes to the the other buttock.



To find out more and for more information:

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IDENTIFYING INFLAMMATORY BACK PAIN

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WHAT OTHER THINGS SHOULD I LOOK OUT FOR?

Features primarily include spinal pain and stiffness but can be associated with:

- bowel conditions such as crohns/ulcerative colitis.
- skin conditions such as psoriasis.
- inflammatory eye conditions such as uveitis.
- heel pain/pain in the soles of your feet.



INFLAMMATORY BACK PAIN - WHAT IS IT?

Inflammatory back pain is the most common feature of a group of chronic, progressive rheumatological diseases.

It is important that inflammatory back pain be identified as soon as possible and clearly differentiated from mechanical back pain - such as that caused by sore muscles/disc injuries/osteoarthritis.

If untreated, the symptoms can be severe and there is a risk of progressive damage to the spine.



WHO SHOULD I CONSULT IF I SUSPECT I MAY HAVE INFLAMMATORY BACK PAIN?

You can consult your GP or another appropriately trained allied health professional, trained to differentiate between musculoskeletal issues and potentially more serious pathologies. This may include an Osteopath or Physiotherapist, who may then refer you on to your GP.