

COMMON MYTHS ASSOCIATED WITH BACK PAIN

- ✗ Back pain will become persistent and get worse as time goes on.
- ✗ Scans are always needed to detect the cause of my pain.
- ✗ Back pain is caused by poor posture when standing or lifting.
- ✗ Back pain is caused by a weak core and having a strong core will protect me from future back pain.
- ✗ Repeated loading of my spine will create 'wear and tear' and lead to pain.
- ✗ Medication, injections and surgery are needed for my back pain.

O'Sullivan, P.B., Caneiro, J., O'Sullivan, K., Lin, I., Bunzli, S., Wernli, K. and O'Keefe, M. (2019). Back to basics: 10 facts every person should know about back pain. British Journal of Sports Medicine



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information:

CONTACT US



020 8368 9220



78 Crescent Road, Barnet,
EN4 9RJ

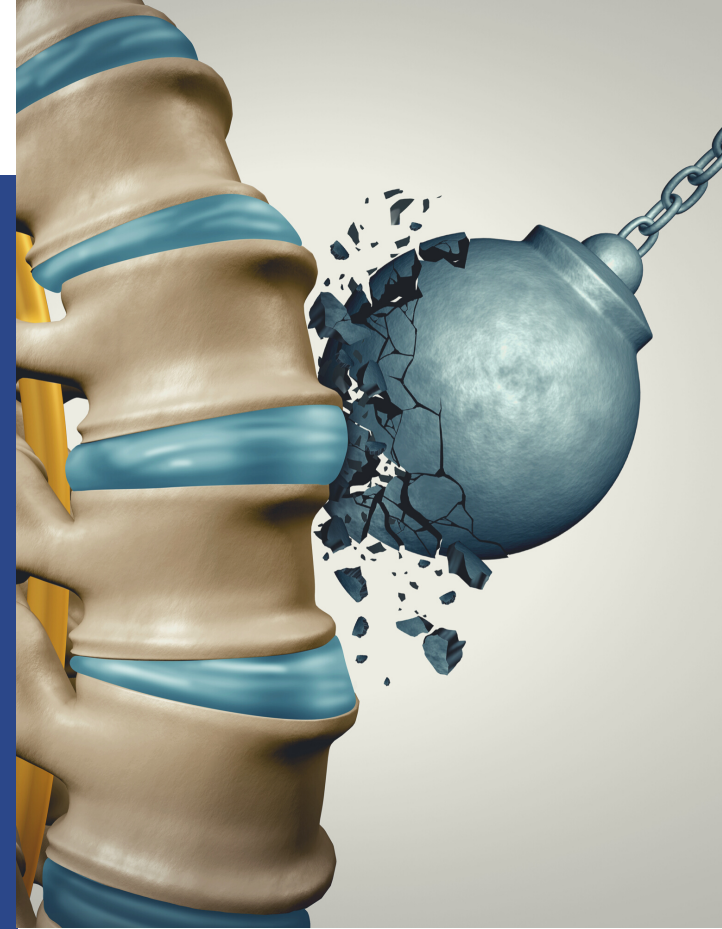
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Pain with exercise or movement does not mean you are doing harm. Pain is often a result of sensitised structures and the movement is usually sensitising these structures. Graded exercise programmes are designed to help lower this pain.

Pain flare up's do not mean you are causing damage either. Whilst they can be scary they are not usually associated with tissue damage. Other factors can effect pain such as sleep quality and stress.

Back pain is not the result of poor posture. Although this is a very common belief, there is little, to no evidence, to suggest your posture creates your back pain. In fact, it is safe to lift and move in a variety of ways, there is no perfect way for either of these.

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Scans rarely show the cause of back pain. In fact scans are only helpful in a minority of people. Scans can show lot's of things which are not always related to pain and this can create further fear.

Persistent back pain is rarely associated with tissue damage. Backs are really strong and any tissue damage will usually heal within 3 months. If your pain persists beyond this time then there may be other contributing factors.

Back pain is not a result of a 'weak core'. In fact many people with back pain actually tense their core muscles as a protective response. Instead you should try to relax the 'core' muscles.



Getting old does not cause back pain - this is a widespread belief which is not supported by research and evidence based treatment can work no matter your age.

Persistent back pain can be scary but it's rarely dangerous. It can usually get better with help and support.

Injections, surgery and drugs usually are not a cure. They come with inherrent risks and should be treated with caution. Instead, try to find low-risk ways to put you in control of your pain.

Backs do not wear out with everyday loading and bending. The same way lifting weights makes muscles stronger, movement and loading makes the back stronger.