

# Back Pain

## Osteopathy and you

Osteopaths consider each person as an individual. Utilising gentle techniques they will work with your body to create the perfect conditions to encourage the healing process.

[www.osteopathy.org](http://www.osteopathy.org)



British Osteopathic  
Association

# Back Pain



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## Back Pain

Trouble with your back does not simply produce pain in the back. Often it may cause symptoms in more remote areas such as the buttocks, groin, hips, and legs (commonly called sciatica). Problems in the spine and neck can also cause symptoms such as dizziness, headaches, clicking jaw, pins and needles and many more.

Indeed research has shown that problems related to the back may affect over 60% of the UK's population at some stage in their lives.

Osteopaths are trained professionals who are skilled in diagnosing problems, including those which may require further investigation if necessary. Osteopaths have treated many hundreds of thousands of patients successfully over the past one hundred years and continued success is demonstrated by reliable and practical results.

The osteopath will explain to you clearly what the problem is. If they can help they will explain what they can do to help and also offer advice on self-help treatments.

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## Keeping a healthy spine and joints

When young, the body can adapt easily to the stress and strain it is put under. As it grows older (over 25 years!) it begins to lose some of the elasticity which gives the body the flexibility to cope and adapt.

In particular this applies to the discs between the vertebrae and the joint cartilage. These require regular movement to ensure their maximum range and thereby increase local circulation and nutrition to the surrounding fluids and tissues.

### 10 top tips for back care

1. Keep moving and stretching
2. Take regular exercise
3. Take frequent breaks between repetitive tasks and vary the rhythm
4. Change position – avoid 'computer hump'
5. Pace yourself when the work is heavy e.g. gardening
6. Adjust car seats, and on long journeys, have breaks and stretch
7. Watch children's posture – don't let them carry bags on one shoulder
8. Avoid strain when lifting especially when shopping and with small children
9. Is your bed the right bed or is it getting old?
10. Seek osteopathic advice earlier rather than later



## Safe in our hands

All osteopaths must have demonstrated to their registering body – the General Osteopathic Council (GOsC) – that they are a safe and competent practitioner. Osteopaths have to train for a minimum of four years. They also have to carry out continuing professional development in order to stay registered. It is a criminal offence to call yourself an osteopath unless you are registered.



## British Osteopathic Association

The BOA ...

- is a voluntary professional association of osteopaths
- promotes osteopathy to the NHS and the general public
- speaks for osteopaths throughout the UK
- provides services for its members

Its policies are decided by an elected council, comprising practising osteopaths and a lay member.

## Back Pain

You can request information about other osteopathic treatment by visiting the BOA's website or sending a stamp addressed envelope to:

British Osteopathic Association  
3 Park Terrace, Manor Road, Luton LU1 3HN

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