Don’t fear twisting and bending – it’s essential to keep moving. Gradually increase how much you are doing, and stay on the go.

Back pain shouldn’t stop you enjoying exercise or regular activities. In fact, studies found that continuing with these can help you get better sooner – including using weights where appropriate.

Sometimes it will, but most often it won’t. Also, even people without back pain have changes in their spine so scans can cause fear that influences behaviour, making the problem worse.

This was the established view but more recent research has changed our thinking. Modern physio takes a holistic approach that helps people understand why they are in pain.
Physiotherapists are the experts in treating – and preventing – back pain but hear many myths about what is causing it and what can make it better.

It's easy to understand why they are held – indeed some may have been the established view before the evidence base moved on.

Problem is these myths create fear, which causes people to stop doing many of the activities they need to do to address the problem.

So let's bust those myths and reinforce what the latest evidence says is best for your back.

If you have pain that lasts for more than six weeks, please consult a physio or your GP.

www.csp.org.uk/mythbusters