Myth #1:
Moving will make my back pain worse

Fact:
People fear twisting and bending but it’s essential to keep moving. Gradually increase how much you are doing, and stay on the go.

See all the myths and facts at:
www.csp.org.uk/mythbusters
BACK PAIN MYTH BUSTERS

We’re busting myths and reinforcing what the latest evidence says is best for your back

Myth #2

I should avoid exercise, especially weight training

Fact:

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.

See all the myths and facts at:

www.csp.org.uk/mythbusters
Back Pain Myth Busters

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Myth #3

A scan will show me exactly what is wrong

Fact:

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.

See all the myths and facts at:

www.csp.org.uk/mythbusters
Myth #4

Pain equals damage

Fact:
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.

See all the myths and facts at: www.csp.org.uk/mythbusters