



BACK PAIN MYTH BUSTERS

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

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



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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.

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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.

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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.

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