

10

Proven Methods To Help Employees Beat Low Back Pain!

For employers who believe their workforce is
their most precious asset

by Edinburgh Osteopath
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active^xclinics 



About this guide

This free guide has been provided by Clinic Director and Osteopath Gavin Routledge from active^x clinics in Edinburgh. If your work involves sitting for long periods at a desk, lifting heavy objects or you are just prone to back pain there is a lot you can do to help yourself.

Your employer has recognised the importance of helping you manage your health and has provided you with a copy of this guide. If you have any questions about low back pain or any other kind of pain that you need answering please check with a registered professional.

This is one of 10 guides that will answer all the questions you have about back care health. Feel free to pass it on to anyone you know who might find this information useful.

For more help you can visit our blog

<http://www.active-x.co.uk/blog>

Connect on our Facebook Page

<http://www.facebook.com/pages/Active-x-Edinburgh/170138959667634>

You can also follow me on Twitter

<http://www.twitter.com/cityoestopath>

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The 10 Guides Included in this series are:

1. How does my lower back work?
2. What is the cause of my pain?
3. Dos and Don'ts of back pain
4. Best positions for sitting, standing and lying down
5. I'm overweight – how does that affect my back pain?
6. What's better for the pain – heat or ice?
7. Should I wear a back support?
8. Differences between Osteopaths, Chiropractors and Physiotherapists
9. Exercise – you have got to be joking!
- 10. Useful back pain advice to follow**

Final Summary – Beat Low Back Pain

This is the final guide in our beat low back pain series and its focus is all about providing you with a summary of points covered in our other guides.

Guide 1 – How does my lower back work – highlighted the fact that movement is essential to maintain circulation and despite the pain you should avoid lying still for too long in bed but instead get up and move around as often as possible.

You can download guide 1 here

<http://active-x.co.uk/blog/wp-content/uploads/2011/02/back-pain-employees-guide1.pdf>

Guide 2 – What is the cause of my pain – outlined some of the different types of low back pain you might experience and provided a brief summary of how to diagnose your pain. This is for information purposes only and you should seek a professional to help you with an accurate diagnoses.

You can download guide 2 here

<http://active-x.co.uk/blog/the-cause-of-back-pain>

Guide 3 – The dos and don'ts of back pain – this guide took you through some of the things you should definitely do (like taking pain killers and moving around) and some of the things you should avoid doing.

You can download guide 3 here

<http://active-x.co.uk/blog/back-pain-care-guide-3-the-dos-and-dont-of-back-pain>

Guide 4 – The best position for sitting, standing and lying down – This guide provides a review of how to adopt the correct positions when you are sitting, standing and lying down including images. You can download guide 4 here

<http://active-x.co.uk/blog/back-pain-care-guide-4-good-positions-for-standing-sitting-and-lying-down>

Guide 5 – I'm overweight, how does that affect my back? – this guide looked at the pressure that is placed on your spine, and joints when you are carrying excess weight and provided some guidance on how to help yourself.

You can download guide 5 here

<http://active-x.co.uk/blog/back-pain-guide-5-how-does-weight-gain-affect-back-pain>

Guide 6 – What's better for back pain, heat or ice? – looking at when to use ice and when to use heat pads this back guide provided practical tips.

You can download guide 6 here

<http://active-x.co.uk/blog/back-pain-guide-6-is-heat-or-ice-better-for-back-pain>

Guide 7 – Should I wear back support? – Another question I get asked a lot as an Osteopath is whether you should wear back support so I created this guide to answer that question.

You can download guide 7 here

<http://active-x.co.uk/blog/should-i-wear-back-support-low-back-pain-guide-7>

Guide 8 – Differences between Chiropractors, Osteopaths and Physiotherapists – ever wonder what the differences are between these three professions and how they can help you? This guide provides the answer to that question.

You can download guide 8 here

<http://active-x.co.uk/blog/low-back-pain-guide-8-differences-between-an-osteopath-and-a-chiropractor>

Guide 9 - Exercise – you have got to be joking! – The best prevention of low back pain is regular exercise and although you are in pain and you may not feel like exercising there are things you can do to help yourself.

You can download guide 9 here

<http://active-x.co.uk/blog/chronic-back-pain-guide-9>

Back pain exercises to follow

The link below will take you to a number of exercises I have provided to help strengthen your back. Mix a few strengthen building exercises with the flexibility ones and make sure you do them every day.

Take a look at the exercises available

<http://active-x.co.uk/blog/exercise-for-back-pain>

Always remember that we have our own private gym space within the active^x office in Edinburgh, where you can workout with our personal trainer and get expert support in improving your overall health.

<http://active-x.co.uk/blog/personal-trainer-edinburgh>

Link To all Our Guides

There are 10 guides available in total that you can download from our blog at

<http://active-x.co.uk/blog/back-pain-guides>

You will also find a number of videos that might help on Youtube

<http://www.youtube.com/user/fitnessedinburgh>

If you need any help or support with pain, you are **interested in us speaking to your staff about what they can do to look after their back** and help themselves and/or any other query please call me – Clinic Director of active^x Gavin Routledge on 0131 221 1415