



# Health Matters Assistance Programme



## Back Pain

The management of back pain can be a difficult and sometimes a long term process. Although the majority of back injuries will settle rapidly with little intervention, others may need treatment from medical professionals from several specialties. In many cases unfortunately, the pain can be chronic and in such situations the attitude of the sufferer can be very important.

If you experience back pain, use the following questions to address your problems:

- When did the pain start ?
- What brought it on ?
- Any back problems in the past ?
- Pinpoint the pain.
- Describe the pain. Dull ache ? Shooting pain ? Spasmodic ?
- Does it radiate anywhere else ?
- What makes the pain better, or worse ?
- Any other symptoms ?
- What does your back pain stop you doing ? For example sports
- What can you do to avoid the problem in the future ?

If indeed you are suffering back pain then first of all, see your doctor. Your doctor can check for any underlying cause, prescribe alternative painkillers, or suggest branches of therapy. You may benefit from visiting with a Physiotherapist, Osteopath, Chiropractor or Acupuncturist. Such therapies can be effective in helping with back problems. Which one you choose will depend on what works for you.

You may also find information on the HMAP Secure Website:

[www.hmap-online.co.uk](http://www.hmap-online.co.uk)

If you wish to discuss in confidence any concerns relating to this article or indeed any other concern, you can do so by calling:

**Freephone: 0800 083 7545**

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !

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