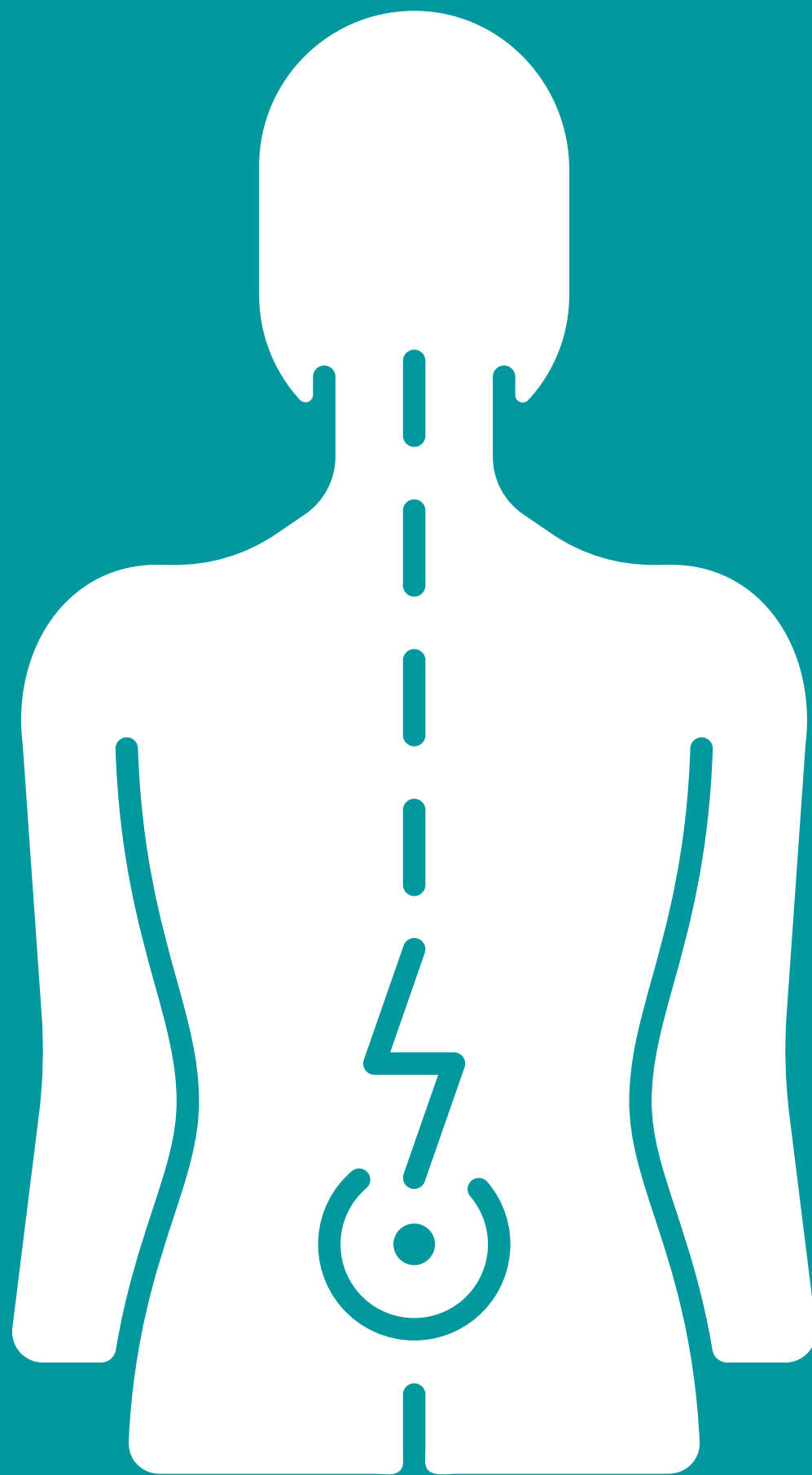




The  
Norwich  
Chiropractors

## 5 Steps

To Recover From Lower  
Back Pain





# Step 1

## Rule out the nasties



There are many things that can cause lower back pain . The overwhelming majority of them are not serious or life threatening but should still be considered so they can be safely ruled out as causes of your pain.

These include:

- Cancer
- Infection
- Abdominal pathology
- Fractures



# Step 2

## Get a Diagnosis



The spine is a complicated structure with many components including muscles, tendons, ligaments, nerves and discs. Sometimes you can have a specific injury which may be causing pain, such as a joint sprain or a disc bulge.

Other times you may not have a specific injury but will have pain related to posture, over exertion or inflammation.

Understanding the cause will help you create a specific plan that is relevant for your issue.



# Step 3

## Know the Why!



It is one thing knowing WHAT is causing your pain but it is another to know WHY.

Two people may have the exact same issue with their back but have completely different reasons why. One may be due to repetitive movements at work whilst the other may be due to how they are exercising.

Understanding this is key to recovery so you may make the necessary changes to allow your back to heal.



# Step 4

## Find The Right Support



A problem shared is a problem solved. Some times an issue cannot be managed on your own with little assistance. There are many supportive strategies that can be used to help accelerate your path to recovery.

This can include; talking through your issue with a family member/friend or professional, taking medication to help reduce some of the symptoms, having some hands-on treatment to help restore mobility and ease the pain, working on prescribed exercises or activity advice.



# Step 5

## Take action



Spine issues respond well to exercise and modifying any aggravating activities. Finding the sweet spot so you are challenging the body but not aggravating the spine can be a challenge, but when done properly, will be extremely beneficial.

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