



# Back Pains

The following tips may help reduce your backache and speed up your recovery:

Stay as active as possible and try to continue your daily activities – this is one of the most important things you can do, as resting for long periods is likely to make the pain worse, try exercises and stretches for back pain; other activities such as walking, swimming, yoga and pilates may also be helpful

Take anti-inflammatory painkillers, such as ibuprofen – remember to check the medicine is safe for you to take first and ask a pharmacist if you're not sure

Use hot or cold compression packs for short-term relief – you can buy these from your local pharmacy, or a hot water bottle and a bag of frozen vegetables wrapped in a cloth will work just as well, Although it can be difficult, it helps if you stay optimistic and recognise that your pain should get better, as people who manage to stay positive despite their pain tend to recover quicker.

Back Pain Helpline  
0300 123 0789

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