

Patient Resources: Back Pain

Back Pain

Understanding back pain

<https://puresportsmed.com/blog/posts/towards-a-better-understanding-of-back-pain>

Managing back pain

<https://puresportsmed.com/blog/posts/managing-back-pain>

What is chronic back pain?

<https://puresportsmed.com/blog/posts/what-is-chronic-back-pain>

Exercises to reduce back pain

<https://puresportsmed.com/blog/posts/six-techniques-to-relieve-back-pain>

Back pain acute and chronic

<https://puresportsmed.com/blog/posts/back-pain-acute-and-chronic>

Scoliosis and back pain

<https://puresportsmed.com/blog/posts/scoliosis-is-the-curvature-in-my-spine-causing-my-back-pain>

Truth about herniated discs

<https://puresportsmed.com/blog/posts/the-truth-about-herniated-discs>

Loading is good for joints

<https://physiostrength.club/2020/03/13/loading-is-good-for-joints-dont-be-afraid-to-lift-heavy-through-a-full-range-of-motion/>

First-line resource for people with back pain (Keele University)

<https://startback.hfac.keele.ac.uk/patients/>

Back Pain Booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/1248/back-pain-information-booklet.pdf>

Back Pain Exercise Pamphlet (Versus Arthritis)

<https://www.versusarthritis.org/media/12819/back-pain-exercise-section.pdf>

Back Pain Exercise Sheet (Versus Arthritis)

<https://www.versusarthritis.org/media/21786/backpain-exercise-sheet.pdf>

CSP Back Pain animation (CSP)

https://www.youtube.com/watch?time_continue=6&v=24P7cTQjsVM

Low Back Pain animation (Doc Mike Evans)

<https://www.youtube.com/watch?v=BOjTegn9RuY&t=10s>

The truth about back pain video (Keele University and AXA PPP)

<https://www.youtube.com/watch?v=b-cBtPSf0Hc>

So you think you have back pain? Your guide to back pain and what you can do about it (Keele University)

<https://startback.hfac.keele.ac.uk/wp-content/uploads/2019/03/Start-Patient-Leaflet-1-black-and-white.pdf>

A website with information leaflets about back pain, neck pain and whiplash (BackCare)

<http://backcare.org.uk/i-have-back-or-neck-pain/library/>

My Back pain, Arthritis Australia

<https://mybackpain.org.au/>

Low back pain explained and red flags

<https://www.physiofastonline.co.uk/pain--back.html>

Low back pain fact from fiction with Peter O'Sullivan a Physiotherapist

<https://www.youtube.com/watch?v=dISQLUE4brQ&t=58s>

Core myths by Peter O'Sullivan a Physiotherapist

https://www.youtube.com/watch?v=YezBG_NdLgs

Posture video with Greg Lehman a Physiotherapist, Chiropractor and Strength and Conditioning Coach

<https://www.youtube.com/watch?v=cnLxcEMdjVk>