

WEEK
1
IMPORTANT THINGS TO REMEMBER
AFTER YOUR APPOINTMENT

DO NOT
Tell us much about:

- The amount of pain you feel now
- Your likely pain in the future

DO SHOW Age-related changes:

- Many reported changes sound abnormal, but occur naturally with age
- For example: disc bulges and degeneration
- These are like “wrinkles on the inside”

DO SHOW Findings that:

- Would have been there before your pain began
- Will still be there when your pain has gone

After reviewing **you and your scans** in the Spinal Clinic

You have been given the **green light**

It is safe and necessary to **MOVE** and **EXERCISE**

THIS WEEK: To learn more about recovering well from back pain

Plan 15 minutes to watch **The truth about back pain** (we will SMS you a link)

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



Doing regular exercise or becoming more physically active is important for your recovery.

- HOW TO GET STARTED:** Consider:
- What do you like to do?
 - What have you enjoyed doing in the past?
 - What would you like to do more of?
 - What could you do regularly with a friend or family member?

WRITE IT ON YOUR ACTIVITY TICK LIST

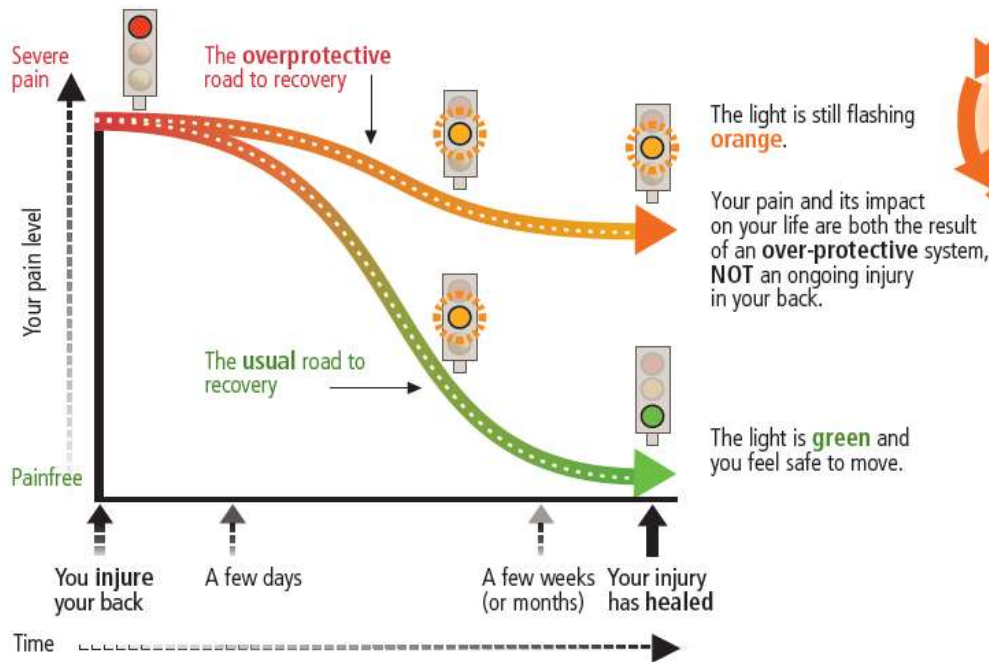
PLAN TIME TO EXERCISE THIS WEEK

	WHAT	WHEN	TICK
<p>MAKE A TIME</p> <p>IT'S IMPORTANT</p> <p>BE CONSISTENT</p> <p>KNOW YOUR BACK IS UP TO IT</p>	<p>30 min walk with Sue</p> <div style="border: 1px solid #ccc; height: 20px; margin-top: 5px;"></div> <div style="border: 1px solid #ccc; height: 20px; margin-top: 5px;"></div> <div style="border: 1px solid #ccc; height: 20px; margin-top: 5px;"></div>	<p>Monday 7pm</p> <div style="border: 1px solid #ccc; height: 20px; margin-top: 5px;"></div> <div style="border: 1px solid #ccc; height: 20px; margin-top: 5px;"></div> <div style="border: 1px solid #ccc; height: 20px; margin-top: 5px;"></div>	<p style="text-align: center;">✓</p> <div style="border: 1px solid #ccc; height: 20px; margin-top: 5px;"></div> <div style="border: 1px solid #ccc; height: 20px; margin-top: 5px;"></div> <div style="border: 1px solid #ccc; height: 20px; margin-top: 5px;"></div>

WEEK 2

DO YOU KNOW HOW COMPLEX PAIN IS?

RECOVERY ROADS: which road are you on?



MANY THINGS

can make your system **over-protective**

- Painful experiences with movement
- Stress
- Being worried about your back
- Lack of movement
- Low mood
- Poor general health

HELP THE LIGHT TURN GREEN

by looking after yourself well

-
- Sleeping well
 - Eating well
 - Reducing stress
 - Increasing activity
 - Relaxing
 - Socialising

PLAN TIME TO EXERCISE THIS WEEK

THIS WEEK: Learning more about PAIN can help your recovery.

PLAN 5 MINUTES to watch ... **Tame the Beast**

FIND IT AT: <https://www.youtube.com/watch?v=XwBYkw-iZdQ>

MAKE A **T**IME

IT'S **I**MPORTANT

BE **C**ONSISTENT

KNOW YOUR BACK IS UP TO IT

WHAT

WHEN

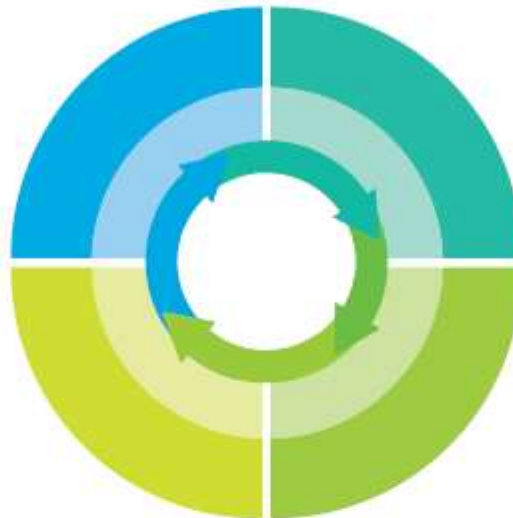
TICK

WEEK 3

EXERCISE IS BENEFICIAL FOR...

➤ **The health of your back:**
Increases strength, endurance and flexibility. Your back needs to move!

➤ **Your psychological wellbeing:**
Improves mood, reduces stress and promotes better sleep. It can be enjoyable and social.



➤ **Your general health:**
Regular exercise can help you to do things you want and need to do, and helps with weight control.

➤ **Reducing risks for other health problems:**
Helps to prevent and manage conditions such as heart disease, diabetes and cancer.



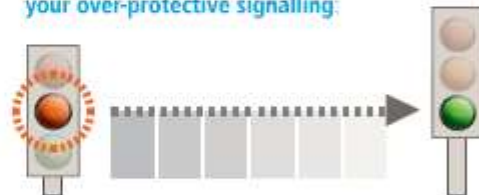
REMEMBER: PAIN IS COMPLEX

When pain is produced by an overprotective system, it has little to do with damage

Knowing this means:

- You can worry less when you feel pain
- You can continue moving, even when you are in pain
- You can gradually do more of the active things that you enjoy

EXERCISE can also help to correct your over-protective signalling:



THIS WEEK: If being active isn't an enjoyable part of your everyday life -

Spend 10 minutes looking at: 'How to Start Exercising and Stick to It' THEN..... make a plan!

FIND IT AT: <https://www.helpguide.org/articles/healthy-living/how-to-start-exercising-and-stick-to-it.htm>

WRITE IT ON YOUR **ACTIVITY TICK LIST**

PLAN **TIME** TO EXERCISE THIS WEEK

MAKE A **T**IME

IT'S **I**MPORTANT

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TICK

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WEEK

4

5 IMPORTANT THINGS TO REMEMBER

WHAT DO YOU LIKE TO DO ?



1 Your back needs movement to be healthy



2 You were given the green light: movement and activity is safe



3 Many things influence pain – knowing this can help you worry less about your back



4 Long-lasting back pain often has little to do with damage



5 Regular exercise is important for your recovery and has many benefits

If you want to understand more about pain and what you can do about it plan 5 minutes to watch..... [Understanding pain in less than 5 minutes](#)

FIND IT AT: <https://www.youtube.com/embed/qEWc2XtaNwg>

OVER THE WEEKS AHEAD:

- Continue to make PLANS for exercise – it is **IMPORTANT**.
- Be **HOPEFUL** that you will return to most of the things you like to do.
- **EXPECT** to have 'ups and downs': life has ups and downs.
- Talk to your Doctor or Physio if you have concerns (and take this sheet with you!)

WRITE IT ON YOUR ACTIVITY TICK LIST



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