

Back Pain Recovery

Important Facts 2



- ◆ **Most back injuries are not serious.** There is usually no damage to the bones, discs or nerves in the spine.
- ◆ Pain that develops a day or two after the accident is good. It means no serious harm has been done.
- ◆ Acute symptoms usually settle within a few days to a few weeks so that you can get on with your life.
- ◆ What you do in the early stages is very important. Rest for more than a day or two DOES NOT help and may prolong your pain and disability.
- ◆ **The people who recover fastest from back pain are those who stay active, exercise and get on with their lives despite pain and stiffness.**
- ◆ Permanent damage from a back injury is rare and the long term outlook is good.
- ◆ Occasionally pain from a back injury can persist or recur for quite a long time. This still does not mean that it is serious. It can be very frustrating but the best thing to do is to get on with your life despite the symptoms. This will help the symptoms to subside.
- ◆ **Your back is designed for movement. The sooner you get moving and get on with your normal daily activities the sooner you will feel better.**