

**WIBEN
HILFUND**

BACK EDUCATION

BACK EDUCATION PROGRAMME

Here at The Ben Fund, we provide a 4-hour Back Education Programme split over 2 sessions related to policing roles providing:

Education of back pain

Anatomy and physiology

Pain science

Posture

Treatments

Self management



BACK EDUCATION MESSAGES

Back pain is very common and can affect anyone

The causes of back pain are rarely serious and often do not relate to structural damage

Both physical and psychological factors are involved in our interpretation of pain

Whilst it can be upsetting/frustrating understanding your pain is key

Medicines and surgery are often not the answer

Keeping moving and active are important



RED FLAGS

Very rarely, back pain can be a symptom of a more serious problem. It is important however to be aware of certain symptoms called red flags and if you have these to see your Doctor immediately.

These are:

- you have difficulty controlling or passing urine
- you lose control of your bowels
- you have numbness around your back passage or your genitals
- you have weakness in your legs or are unsteady on your feet
- you have severe unremitting pain



DIFFERENT TYPES OF BACK PAIN

Acute back pain - usually starts quite quickly then reduces after a few days or weeks - managed well with exercise, advice and if needed simple pain killers

Persistent back pain – for some people back pain can last for months and even years and is called persistent or chronic back pain with people often reporting good days and bad days. In this situation understanding your pain is essential



TREATMENTS

Advice and education - Education programmes like this have been shown to be helpful

Exercise e.g. Pilates, yoga, swimming, walking, the gym – the most important thing is you choose an exercise which you enjoy and that can be done regularly. We provide an extensive class programme at The Ben Fund

Posture – have good postural awareness but more importantly move regularly. Take off your body armour regularly if appropriate, get out of the car and stretch or if you are desk based don't get caught in one position for too long.

Pain medication - Can be effective initially but should only be used for a short duration to help ease the initial symptoms

Mindfulness/wellbeing – can reduce tension and stress which can reduce painful symptoms

Lifestyle - maintain a good diet and nutrition and try to get a good night's sleep



KEY MESSAGES

Back pain is common and can affect anyone

Pain does not always mean harm has occurred

MRIs will not show you exactly why you are in pain and are more likely to increase fear and anxiety

Bending and lifting weights are not dangerous exercises if done correctly

Medicines and surgeries are often not the answer

Recovery is possible

