

Osteopathy and back pain

Approximately 50% of consultations by Osteopaths are for back pain. If the mechanical function of the spine is impaired, pain can be felt in the neck, shoulders, and arms or in the buttocks, groin or legs due to irritation to the nerves in the spine. Back pain can be due to injury but it can also be due to disease states or pathological conditions. Our osteopath uses standard medical examinations to diagnose problems that may require further medical investigation or referral. The osteopath (with your permission) will contact your doctor if further investigations are required. Pain and distress that are associated with certain medical conditions can also be improved through correcting any musculo-skeletal dysfunction.

How to look after your back

- If suffering from pain, see your osteopath as soon as possible.
- Exercise – our osteopath will always recommend specific and general exercise advice that is right for you.
- Movement is the key to reducing musculo-skeletal pain, therefore if working on computers, driving, gardening and decorating, take regular breaks to change your posture.
- Driving can often be a problem – see our driving section.
- When lifting use your legs not your back and if lifting heavy objects breathe out as you lift.
- Your bed could be a real problem with back pain, see our section on beds.