



Proactive Physio

Low Back Pain

Back pain is very common and causes a great deal of anxiety. Usually serious or permanent damage is rare and there are lots of things you can do to help yourself, occasionally if symptoms are severe you may require further investigations e.g.: X-rays, blood tests or MRI scans – however you can be guided by your Physiotherapist or GP.

Facts

- Most back pain is not due to anything serious.
- Acute pain usually improves within days.
- Half the people who get backache will get it again within 2 years.
- The early stage treatment is very important; resting for more than a day or two does not usually help.
- Moving as soon as possible will aid recovery.
- Active people cope best with back pain.
- The spine is strongest part of body – it is surprising difficult to damage your spine
- Only a few people with back pain have a slipped disc or trapped nerve and will usually get better.
- Very few back problems need surgery
- Most pain comes from the working parts of your back not working as they should so they need retraining – this is when Physiotherapy can be beneficial.

Possible treatment

- Pain killers – these can help mask the pain enabling you to get active if taken properly (you will need to discuss this with your GP)
- Heat and cold – helps with short term pain relief and as a muscle relaxant
- Massage – gentle rubbing can ease pain and relax muscle spasm
- Manipulation & Mobilisations – can help if done by qualified professional
- Other treatments – including electro-therapy and/or acupuncture
- Exercise – guided by your Physiotherapist

The symptoms of LBP can be controlled and managed. Physiotherapy plays a key role in this process. Proactive Physiotherapy offers treatment and advice which can facilitate this process

For further information or to book an appointment :

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Hypermobility Syndrome

Hypermobility syndrome is a condition, which affects a number of joints in the body. A joint is said to be hypermobile when the movement in that particular joint is more than what it should be. It is a disorder of the connective tissue. Connective tissue is all around our body and gives us our shape & structure; it is what holds us together.

If you are hypermobile you may find you are able to do things such as place your hands flat on the floor without bending your knees and contort your body into strange shapes.

- Symptoms of hypermobility include:
- Widespread aches and pains
- Poor sleeping patterns
- Clicking, popping and clunking joints
- Vulnerability and Instability
- Fatigue and low energy levels
- Poor balance and coordination

There is no cure for hypermobility, however the symptoms can be controlled and managed. Physiotherapy plays a key role in this process. Proactive Physiotherapy offers a 6-week programme which can facilitate you in managing with this condition.

Session	Duration	Programme
Session 1	1 hour	Detailed Assessment Education and Ergonomic Advice
Session 2	30 mins	Spatial awareness, joint position sense, balance & proprioception work (Use of power plates and pressure bio-feedback)
Session 3	30 mins	Spatial awareness, joint position sense, balance & proprioception work (Use of power plates and pressure bio-feedback)
	30 mins	Core Stability (Setting spinal neutral)
Session 4	30 mins	Core Stability (Cervical spine and Pelvis)
Session 5	30 mins	Advance core stability (Add peripheral components – Shoulder and Knees)
Session 6	30 mins	Advance Core Stability (Self Management programme)

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Fibromyalgia

Fibromyalgia is the term used to describe widespread pain and discomfort throughout the body. It tends to affect the muscles and tendons surrounding various joints – however not the joints themselves. The symptoms are predominantly pain which has continued for more than 3 months.

Unfortunately the current research regarding Fibromyalgia is limited and there are no clinical tests e.g. scans, blood tests or x-rays, which can confirm this diagnosis. Usually this condition has been diagnosed by a specialist - Rheumatologist.

Symptoms of fibromyalgia include:

- Widespread aches and pains particularly necks and backs
- Stiffness
- Poor sleeping
- Feeling depressed
- Highly irritable
- Fatigue and low energy levels
- Irritable bowels

There is no cure for fibromyalgia, however the symptoms can be controlled and managed, Physiotherapy plays a key role in this process. Proactive Physiotherapy offers a 6-week programme which can facilitate you in managing your condition.

Session	Duration	Programme
Session 1	1 hour	Detailed Assessment Education and Activity modulation/pacing
Session 2	30 mins	Relaxation and Acupuncture if appropriate (To control pain & facilitate sleep)
Session 3	30 mins	Relaxation and Acupuncture if appropriate (To control pain & facilitate sleep)
Session 3	30 min	Core Stability (Setting spinal neutral)
Session 4	30 mins	Core Stability (Cervical spine and Pelvis)
Session 5	30 mins	Advance core stability and gentle cardiovascular exercise (Add peripheral components – Shoulder and Knees)
Session 6	30 mins	Advance Core Stability and cardiovascular programme (Self Management)

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Whiplash

Neck pain is very common, even without an accident or injury. With an increase in the number of cars on our road approximately 1 in 200 people now have a minor neck injury/whiplash each year. It is usually not too serious and permanent damage is unlikely.

Whiplash injuries usually affect the working parts of your neck – the muscles, ligaments and small joints.

Some facts about whiplash:

- Most whiplash injuries are not serious – Usually the muscles are worst affected and discs, bones, ligaments are usually ok.
- You may also experience back pain in addition to your neck pain.
- You may suffer from headaches – this is usually due to tight muscles around the neck.
- The initial acute pain will usually settle after a week or so.
- Some people have a delayed onset of pain – this means the symptoms can start a few days following the injury.
- Permanent damage is usually rare and long-term symptoms tend to resolve completely.

Most whiplash injuries are not serious – depending on the type of accident you may have been involved in, you may have already been taken to A&E or have been reviewed by your GP. This is useful to ensure nothing serious has occurred.

The symptoms of whiplash can be controlled and managed. Physiotherapy plays a key role in this process. Proactive Physio offers treatment and advice which can facilitate this process. We also prepare assessments and reports for your insurance company dealing with your claim.

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