



10 MUST-KNOW FACTS ABOUT BACK PAIN

1. Persistent back pain can be scary, but rarely dangerous

Longstanding back pain can be upsetting and disabling, but it's rarely life threatening so stay off of WebMD and [stay moving](#).

2. Getting older is not the cause of back pain.

No evidence supports the notion that getting older causes or worsens back pain. In fact, proper treatment can help at any age. Don't blame [arthritis](#) for everything!

3. Persistent back pain is rarely associated with serious tissue damage.

Truth is, backs are strong and resilient and just like any tissue they HEAL. Perhaps you had an original injury and damage to the tissues but after three months those tissues have likely healed, and the focus should be on other contributing factors.

Read more [HERE](#) and [HERE](#).

4. Scans rarely show the cause of back pain.

Scans can be helpful in a certain subset of people. However, imaging reports from scans are filled with scary words and don't always tell the full story. In fact, many people without any symptoms show findings on these fancy tests.

Read a previous blog post [HERE](#).

5. Pain with exercise and movement doesn't mean you are doing harm or that you have to stop.

With longstanding pain, movement and exercise become sensitized. In reality, the pain you feel during these movements is a reflection of this over sensitization rather than tissue damage. The best thing you can do is slowly work to regain those movements.

Read this article on exercising with pain [HERE](#).



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6. Back pain is not caused by poor posture

A variety of postures is healthy for your back. Some movements and static positions do become painful because they get sensitized. Check out this video about when [posture really matters](#) or [Is sitting the new smoking?](#)

7. Back pain is not caused by a weak core

Weak core muscles are not a cause of lower back pain. Rather, people with persistent lower back pain often have a tense core and need to work on being able to relax it a bit. This is not to say that training the core is a waste of time. Check out how to do it safely [HERE](#).

8. Backs do not wear out with everyday loading and bending.

Lifting weights makes our muscles stronger and more resilient. Movement and loading make our backs stronger and healthier too! The important thing to remember is to avoid spikes in your training, :start gradually and be consistent.

9. Flare ups don't mean you are damaging yourself

Flare ups are not typically related to further tissue damage. They are often just a sign that you did too much, too quickly. Triggers for flare ups include things like [poor sleep](#), stress, tension, and new activities. Check out this video using the [traffic light analogy to manage flare ups](#).

10. Injections, Surgery and Strong drugs usually aren't a cure

Injections, surgery, and opioid medication may help in the short term, but they aren't very effective for persistent back pain in the long term, The risks and side effects of these treatments may not be worth the outcomes.



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