

Low Back Problems



Cardiff and Vale
University Health Board
Keeping Me Well

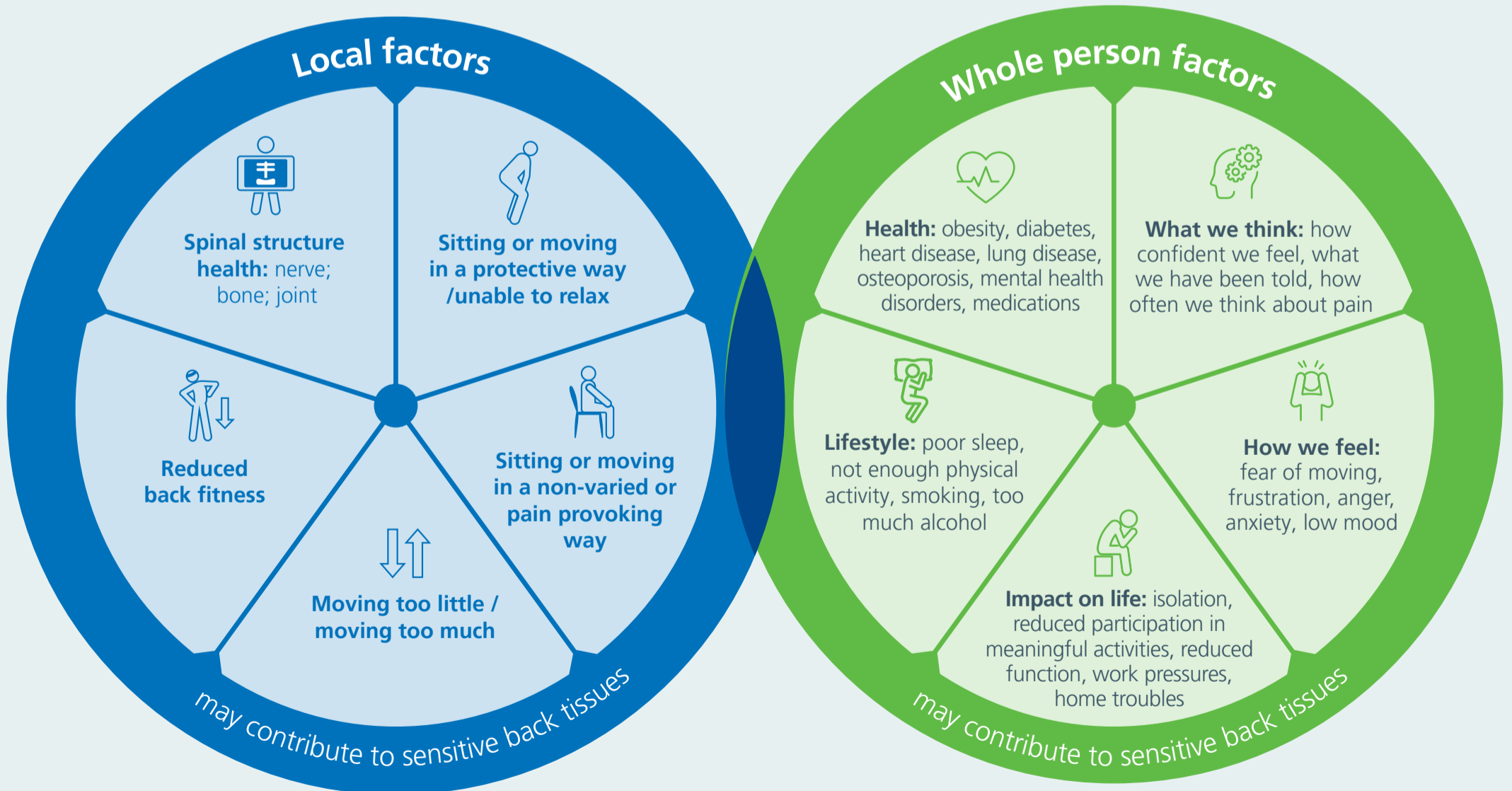
Low back pain and low back related leg pain are influenced by a number of factors. These will be different for each person but may include physical aspects, general health and lifestyle. How we think and feel about our back is also important as it can change how we move and perform activities such as bending and lifting.

Work with your health professional to identify which factors are relevant for you and what evidence-based approaches you can adopt to help with your pain and function.



Triggers & influencers

- Back strain/sprain
- Sudden increase or decrease in physical activity/exercise
- Stressful experiences e.g work pressures, family troubles
- Illness or being run down
- Poor sleep
- Poor general health
- Life stages



Imagery courtesy of South Tees NHS Foundation Trust Hospitals. Content courtesy of O'Sullivan P, Canerio JP, Osullivan K, Lin J, Bunzil S and Wernill K. Please consult the full text for clarification and supporting references: Back to basics 10 Facts about low back pain. BJSM 2019



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