Be active and mobile; sit less.

Do whatever exercise you enjoy. No one type exercise has been proven to be better than any other for low back pain.

Fact: Your back is strong, robust and adaptable. Just relax and move it without fear.

Back pain is very common, most episodes will get better, and they get better quicker with activity rather than rest.

Everyday activities and postures do not wear out your spine. There is no evidence that posture impacts your pain. It's never too late to start exercise. Some is good, more is better. Some individuals need additional help and encouragement to overcome fears of doing harm.

With increasing age, recognise and reduce risk factors that can lead to osteoporotic fractures, including preventing falls (balance exercises), stopping smoking, drinking less alcohol, and maintaining a balanced diet.

If you are going to google symptoms, look at non-commercial websites. Beware of scare mongering and scams that may not be effective or may even be harmful. Rather than alternative medicine, verified, independent medical resources are a good start. Try EUROSPINE’s Patient Line, for example: www.eurospinepatientline.org

Top 10 tips for a healthy back

1. Be active and mobile; sit less.
2. Do whatever exercise you enjoy. No one type exercise has been proven to be better than any other for low back pain.
3. Fact: Your back is strong, robust and adaptable. Just relax and move it without fear.
4. Back pain is very common, most episodes will get better, and they get better quicker with activity rather than rest.
5. Everyday activities and postures do not wear out your spine. There is no evidence that posture impacts your pain. It's never too late to start exercise. Some is good, more is better. Some individuals need additional help and encouragement to overcome fears of doing harm.
6. With increasing age, recognise and reduce risk factors that can lead to osteoporotic fractures, including preventing falls (balance exercises), stopping smoking, drinking less alcohol, and maintaining a balanced diet.
7. Repeat 1, 2 and 3.
8. Repeat 4, 5 and 6.
9. Repeat 4, 5 and 6.
10. www.eurospinepatientline.org

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