**WEEK 1**

**IMPORTANT THINGS TO REMEMBER AFTER YOUR APPOINTMENT**

**DO NOT**
Tell us much about:
- The amount of pain you feel now
- Your likely pain in the future

**DO SHOW**
- Age-related changes:
  - Many reported changes sound abnormal, but occur naturally with age
  - For example: disc bulges and degeneration
  - These are like “wrinkles on the inside”
- Findings that:
  - Would have been there before your pain began
  - Will still be there when your pain has gone
- The structure of your spine:
  - It is strong, stable and surrounded by large muscles
  - It has adapted to load over time
  - It needs movement to be healthy

**DO THINK**

**You have been given the green light**

It is safe and necessary to **MOVE** and **EXERCISE**

**THIS WEEK:**
To learn more about recovering well from back pain

Plan 15 minutes to watch .........

The truth about back pain (we will SMS you a link)
or find it at: https://www.youtube.com/watch?v=JbCBPS0F0c

Doing regular exercise or becoming more physically active is important for your recovery.

**HOW TO GET STARTED:**
Consider ......

- What do you like to do?
- What have you enjoyed doing in the past?
- What would you like to do more of?
- What could you do regularly with a friend or family member?

**WRITE IT ON YOUR ACTIVITY TICK LIST**

**PLANNING TIME TO EXERCISE THIS WEEK**

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**MAKE A TIME**

- It’s IMPORTANT
- Be CONSISTENT
- Know your back is UPTO IT
DO YOU KNOW HOW COMPLEX PAIN IS?

RECOVERY ROADS: which road are you on?

- **Severe pain**
  - The overprotective road to recovery

- **You injure your back**
  - A few days
  - A few weeks (or months)

- **Your injury has healed**

The light is still flashing **orange**.

Your pain and its impact on your life are both the result of an over-protective system, **NOT** an ongoing injury in your back.

The light is **green** and you feel safe to move.

MANY THINGS can make your system over-protective:

- Painful experiences with movement
- Stress
- Being worried about your back
- Lack of movement
- Low mood
- Poor general health

HELP THE LIGHT TURN GREEN by looking after yourself well:

- Sleeping well
- Eating well
- Reducing stress
- Increasing activity
- Relaxing
- Socialising

PLAN TIME TO EXERCISE THIS WEEK

**THIS WEEK:** Learning more about PAIN can help your recovery.

**PLAN 5 MINUTES** to watch ... Tame the Beast

**FIND IT AT:** https://www.youtube.com/watch?v=XwBkykw1ZdQ

KNOW YOUR BACK IS UP TO IT

MAKE A **T**IME **I**T'S **I**MPORtant **C**ONSISTENT **T**ICK

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EXERCISE IS BENEFICIAL FOR...

- The health of your back: Increases strength, endurance and flexibility. Your back needs to move!
- Your psychological wellbeing: Improves mood, reduces stress and promotes better sleep. It can be enjoyable and social.
- Your general health: Regular exercise can help you to do things you want and need to do, and helps with weight control.
- Reducing risks for other health problems: Helps to prevent and manage conditions such as heart disease, diabetes and cancer.

REMEMBER: PAIN IS COMPLEX
When pain is produced by an overprotective system, it has little to do with damage.
Knowing this means:
- You can worry less when you feel pain.
- You can continue moving, even when you are in pain.
- You can gradually do more of the active things that you enjoy.

EXERCISE can also help to correct your over-protective signalling.

THIS WEEK: If being active isn’t an enjoyable part of your everyday life -
Spend 10 minutes looking at: ‘How to Start Exercising and Stick to It’ THEN...... make a plan!
FIND IT AT: https://www.helpguide.org/articles/healthy-living/how-to-start-exercising-and-stick-to-it.htm

WRITE IT ON YOUR ACTIVITY TICK LIST

PLAN TIME TO EXERCISE THIS WEEK

MAKE A TIME IT’S IMPORTANT BE CONSISTENT KNOW YOUR BACK IS UP TO IT

WHAT WHEN TICK

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WHAT DO YOU LIKE TO DO?

1. Your back needs movement to be healthy
2. You were given the green light: movement and activity is safe
3. Many things influence pain — knowing this can help you worry less about your back
4. Long-lasting back pain often has little to do with damage
5. Regular exercise is important for your recovery and has many benefits

OVER THE WEEKS AHEAD:

- Continue to make PLANS for exercise — it is IMPORTANT.
- Be HOPEFUL that you will return to most of the things you like to do.
- EXPECT to have ‘ups and downs’: life has ups and downs.
- Talk to your Doctor or Physio if you have concerns (and take this sheet with you!)

WRITE IT ON YOUR ACTIVITY TICK LIST

PLAN TIME TO EXERCISE THIS WEEK

MAKE A TIME
IT'S IMPORTANT
BE CONSISTENT
KNOW YOUR BACK IS UP TO IT

WHAT

WHEN

TICK

FIND IT AT: https://www.youtube.com/embed/qEwC2XtaNwg

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