

Osteopathy and back pain

Back pain affects 8 out of 10 people. The pain can be severe and debilitating or chronic, suffered over long periods of time, both of which can be incredibly uncomfortable and fatiguing.

There are many different reasons for back pain. Sometimes the pain doesn't always arise immediately after an injury as our bodies are very good at adjusting, compensating and accommodating to the stresses imposed on it.

Factors such as physical exertion, poor posture, illness and emotional stresses can all be responsible, yet even a minor strain can generate degrees of discomfort and take longer to heal than expected.

Common causes of back pain

- **Trauma**
Car accidents, lifting and twisting strains, falls.
- **Arthritic conditions**
Over use, wear and tear.
- **Childbirth strains**
Resulting in chronic pain, stress incontinence, headaches and even post natal depression.

All of these causes can lead to additional symptoms such as mood swings, disturbed sleep, depression, fatigue, digestive problems and vulnerability to infection and sickness due to a compromised immune system.

Osteopathic treatment

Osteopaths are trained to assess the mechanics of the whole body especially the spine. (see 'What is Osteopathy' leaflet).

They use a variety of manipulatory techniques to restore balance, improve function and reduce pain levels in the body.

On some occasions, based on the case history taken, it may be necessary to refer the patient for x-rays or to their GP if there is any concern about the health of the person or to assist with the diagnosis, but this is always fully discussed with the patient first.