

# Roadmap to a Better Back

# Better Backs

1

## Early Advice

When pain starts, speak to your GP or a Health Professional to find out the best initial steps to take.

2

## General Movement

It is important early on to stay active, maintaining functional movement through walking or light stretches.

3

## Stress Management

Research suggests that CBT and Mindfulness can help to improve back pain by reducing unhelpful emotions around your discomfort.

4

## Improved Sleep

A lack of sleep or poor sleep quality has been shown to 'increase the volume' of pain.

5

## Specific Exercises

Complete specific mobility and strengthening exercises for a full recovery (at least 10 mins per day).



1. Lower Rotations



2. Pelvic Rolls



3. Sit to Stands



4. Four point Extensions

