

BACK PAIN IN YOUNG PEOPLE



Specific pathological cause

- Fracture
- Inflammatory processes
- Infection
- Cancer



Requires specialised medical attention



Each young person's experience of back pain is influenced by a unique combination of factors



MANAGING BACK PAIN

- ✓ **Work with a Health Professional to Develop Management Plan**
- ✓ **Stay Positive**
Experiencing low mood, anxiety and many other emotions is very common. Remember back pain usually gets better and you are not alone.
- ✓ **Stay Physically Active**
Relaxed movement and daily exercise can be a very effective way of improving your function and reducing your pain.
- ✓ **Stay Engaged in Normal Activity**
Maintaining your usual life activities helps to calm your system and prevent the persistence or worsening of your pain.
- ✓ **Get Good Quality Sleep**
Getting more than 6-7 hours sleep a night is important and helps to boost immune function, lift mood and reduce tissue sensitivity.
- ✓ **Maintain Healthy Lifestyle**
Healthy diet and life habits are protective against back pain.