



# BACK PAIN MYTH BUSTERS

We're busting myths  
and reinforcing what the latest  
evidence says is best for your back

## Myth

**Moving  
will make  
my back  
pain  
worse**

## Fact:

Don't fear twisting and bending - it's essential to keep moving. Gradually increase how much you are doing, and stay on the go.

## Myth

**I should  
avoid  
exercise,  
especially  
weight  
training**

## Fact:

Back pain shouldn't stop you enjoying exercise or regular activities. In fact, studies found that continuing with these can help you get better sooner - including using weights where appropriate.

## Myth

**A scan  
will show  
me exactly  
what is  
wrong**

## Fact:

Sometimes it will, but most often it won't. Also, even people without back pain have changes in their spine so scans can cause fear that influences behaviour, making the problem worse.

## Myth

**Pain  
equals  
damage**

## Fact:

This was the established view but more recent research has changed our thinking. Modern physio takes a holistic approach that helps people understand why they are in pain.

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## Fight the fear - move more

Half of all people experience back pain  
at some point in their lives and it is one of  
the leading causes of sickness absence.

*The good news: we are  
constantly learning  
more about it.*

## Physiotherapists

are the experts in treating – and  
preventing – back pain but hear  
many myths about what is causing  
it and what can make it better.

**It's easy to understand** why they  
are held – indeed some may have  
been the established view before  
the evidence base moved on.

**Problem is** these myths create fear,  
which causes people to stop doing  
many of the activities they need  
to do to address the problem.

*So let's bust those myths  
and reinforce what  
the latest evidence says  
is best for your back.*

Find out more about the myths  
and full references at:

**[www.csp.org.uk](http://www.csp.org.uk/mythbusters)**  
**/mythbusters**

*If you have pain that lasts for more than six  
weeks, please consult a physio or your GP.*