

BACK CARE

THE BACK IS DESIGNED TO....

MOVE

It enables a wide range of motion and works with muscles and joints to produce movement

BEND

It allows you to flex forward and backward with control by flexing and extending

TWIST

The spine is built to rotate, allowing you to reach, look, and move in different directions

CARRY LOAD

The spine, muscles, and joints work together to support the body

EVERYDAY DEMANDS

<u>DEMAND</u>	<u>HOME EXAMPLE</u>	<u>WORK EXAMPLE</u>
Load	Shopping, children, furniture	Manual handling, equipment, patients
Repetition	Vaccuming, gardening	Production, picking, cleaning
Position	Cooking, crafts, DIY	Desk work, crouching, overhead work
Duration	TV, driving, gardening	Sitting, standing, driving
Force	Pushing bins, digging	Trolleys, tools, pushing/pulling
Unpredictability	Children, pets, awkward objects	Patients, animals, unstable loads



THE BIOPSYCHOSOCIAL DIMENSION

Back health and function are influenced by an interaction of biological, psychological, and social factors, not just the physical.

Physical:

- ❖ Strength
- ❖ Fitness
- ❖ Previous exposure
- ❖ Fatigue
- ❖ Recovery

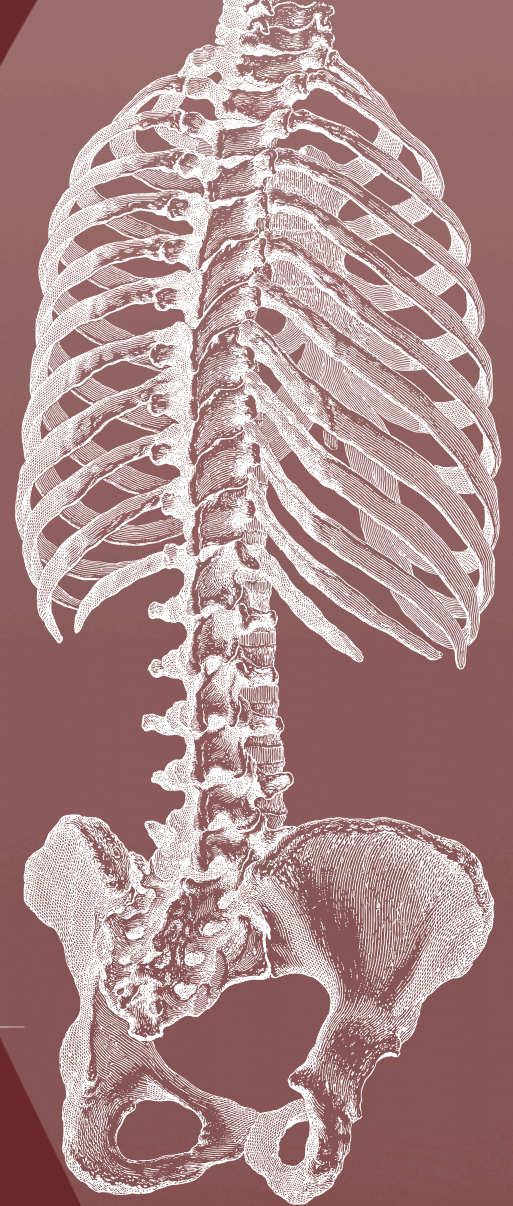
Psychological:

- ❖ Stress
- ❖ Fear of movement/ re-injury
- ❖ Beliefs about pain

Work/ Social:

- ❖ Workload
- ❖ Autonomy
- ❖ Support
- ❖ Staffing
- ❖ Opportunities for breaks & task variation

A biopsychosocial approach recognises the whole person - **Body**, **Mind**, and **Context**. Together they shape back health.



WHAT INDIVIDUALS CAN DO



Move often



Vary position



Stay active



Build strength



Recover adequately



Don't fear normal movement

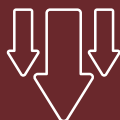


Increase new activity gradually

WHAT WORKPLACES SHOULD DO



Eliminate the hazard



Remove the amount of exposure



Re-design the task, equipment, or workplace



Provide suitable equipment / technologies to assist



Organise work to balance demands and support recovery



Provide info and training to build knowledge and skills

RESOURCES

NHS	Cambridge University Hospital	Heath Gate Medical Practice
Physiotherapy & Exercises	NHS Inform	