

Low Back Problems

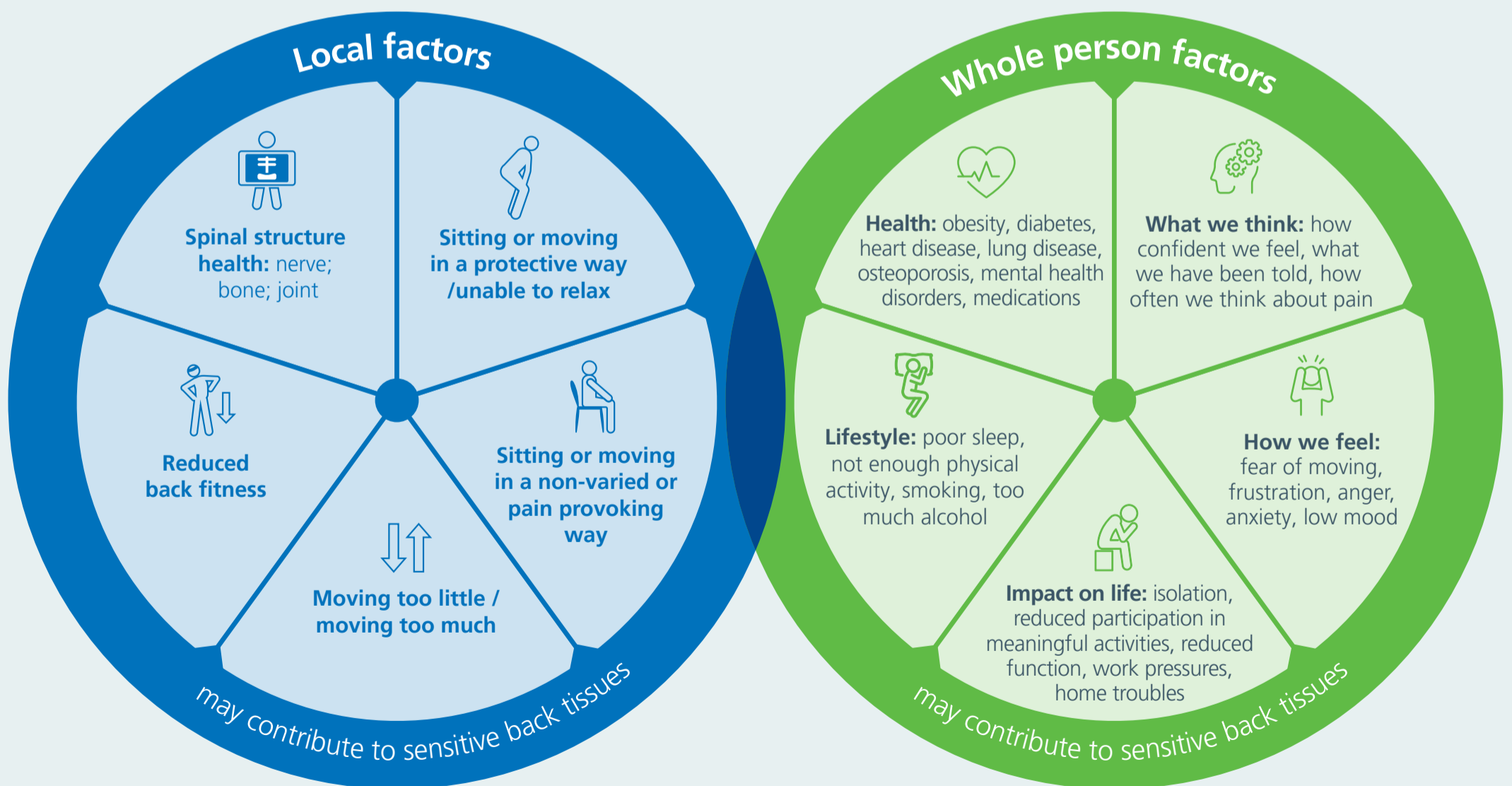
Low back pain and low back related leg pain are influenced by a number of factors. These will be different for each person but may include physical aspects, general health and lifestyle. How we think and feel about our back is also important as it can change how we move and perform activities such as bending and lifting.

Work with your health professional to identify which factors are relevant for you and what evidence-based approaches you can adopt to help with your pain and function.



Triggers & influencers

- Back strain/sprain
- Sudden increase or decrease in physical activity/exercise
- Stressful experiences e.g work pressures, family troubles
- Illness or being run down
- Poor sleep
- Poor general health
- Life stages



For further information please consult your health professional or visit our website: [bridgewater.nhs.uk/warrington/ocats/](https://www.bridgewater.nhs.uk/warrington/ocats/)