

Low back pain and sciatica

3 points to take away

1. Start back tool
2. Advise and reassure
3. To scan or not to scan?

Useful links:

For patient/health professional

Nhs inform

<https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints/conditions/new-or-worsening-back-pain>

15 things you may not know about back pain

article

<http://www.independent.ie/life/health-wellbeing/15-things-you-didnt-know-about-back-pain-31367264.html>

Ally's story with Kieran O'Sullivan

u tube

<http://www.pain-ed.com/blog/2015/08/21/allys-story-my-life-was-busy-it-was-hectic-and-it-was-very-stressful/>

NHS fitness studio

<https://www.nhs.uk/Conditions/nhs-fitness-studio>

Challenging back pain myths

http://www.wcpt.org/sites/wcpt.org/files/files/Publicity_materials-ISCP-Booklet.pdf



Why things hurt

Prof Lorimer Moseley

u tube

<http://www.youtube.com/watch?v=qwd-wLdIHjs>

<http://www.tamethebeast.org>

Healthcare professional

Low Back Pain

Doc Mike Evans

u tube

<http://www.youtube.com/watch?v=BOjTegn9RuY&list=UUL-IWPkXQn3JYYYsPnpGllg>

Jack with Peter O Sullivan

<http://www.youtube.com/watch?v=j4gmtpdwmrs>

North East of England Back pain pathway

<https://www.noebackpainprogramme.nhs.uk/>

<https://www.independent.ie/life/health-wellbeing/everything-you-know-about-back-pain-is-wrong-37797430.html>

