



# Low Back Pain Resources

## General information on back pain

### NHS

<https://www.nhs.uk/conditions/back-pain/>

### NHS Inform

<https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints/self-management-advice/back-problems>

### Versus Arthritis

<https://www.versusarthritis.org/media/22270/back-pain-information-booklet.pdf>

### Back Care

<https://backcare.org.uk/>

## Physical activity

### Healthy Cornwall

Provides support to people with their health and well-being:

<https://www.healthycornwall.org.uk/make-a-change/physical-activity/>

For further information call 01029 615600.

### NHS Fitness Studio

Has lots of various exercise videos from beginner level that can be done at home:

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

### Escape Pain App:

<https://escape-pain.org/support-tools/escape-pain-app>

## Healthy Weight

### Healthy Cornwall

Offers sessions across Cornwall to support people to maintain a healthy weight.

<https://www.healthycornwall.org.uk/make-a-change/healthy-eating-and-healthy-weight/>

For further information call 01029 615600.

### Cornwall Arthritis

For more information on maintaining a healthy weight for people with MSK problems see:

<https://www.cornwallarthritis.org.uk/eating-for-health/>

### Versus Arthritis

Diet and Arthritis: <https://www.versusarthritis.org/media/1328/diet-and-arthritis-information-booklet.pdf>

One You Support for weight loss: <https://www.nhs.uk/oneyou/for-your-body/lose-weight/>



## Healthy Workplace

### Stop Smoking

#### Healthy Cornwall

There are over 100 trained Stop Smoking advisors working in Cornwall, with one in nearly every GP surgery.

<https://www.healthycornwall.org.uk/make-a-change/smokefree-cornwall/>

For more information about the stop smoking service call 01209 615600 or e-mail [healthy.cornwall@cornwall.gov.uk](mailto:healthy.cornwall@cornwall.gov.uk)

### Emotional well-being

#### Cornwall Arthritis

For information on emotional well-being and sources of support in Cornwall see:

<https://www.cornwallarthritis.org.uk/emotional-wellbeing/>

#### Mind

Mind is a national charity which provides advice and support to empower anyone experiencing a mental health problem.

Mind info line: 0300 123 3393 or text: 86463

[www.mind.org.uk](http://www.mind.org.uk)

#### Outlook South West

Outlook South West provides course and talking therapies in Cornwall helping people recover from common mental health problems such as anxiety, stress, depression and trauma, as well as other conditions like OCD.

Telephone: 01208 871905

[www.outlooksw.co.uk](http://www.outlooksw.co.uk)

#### Healthy Cornwall

Videos for stress and mindfulness: <https://www.healthycornwall.org.uk/training/resources-and-videos/>

Free Mental Health and Stress Awareness Training: <https://www.healthycornwall.org.uk/training/>

### Alcohol and Drugs

#### We Are With You

Addaction is a national charity which supports people with alcohol, drug or mental health problems. It has sites across Cornwall where people can obtain advice and support:

<https://www.wearewithyou.org.uk/>

#### Drinks Meter

The Drinks Meter app can show your calorie intake through alcohol and help develop ways to manage your relationship with alcohol: <https://drinksmeter.com/>

#### Drink Aware

Support and information to reduce alcohol intake: <https://www.drinkaware.co.uk/>



## Sleep

### Royal Society of Public Health

Sleep e-learning: <https://www.rsph.org.uk/our-services/e-learning/courses/understanding-sleep-don-t-hit-snooze-on-your-health.html>

### Versus Arthritis

Sleep section including 'how can arthritis affect my sleep'. <https://www.versusarthritis.org/about-arthritis/managing-symptoms/sleep/>

Sleep information booklet: <https://www.versusarthritis.org/media/22460/sleep-information-booklet.pdf>

Information about finding a new mattress: <https://www.versusarthritis.org/about-arthritis/living-with-arthritis/your-home/>

### Sleepio

Sleepio is an online sleep improvement programme which delivers tailored and engaging advice, 24/7: [www.sleepio.com](http://www.sleepio.com)

It might be worth talking to a pharmacist or GP to discuss medication, if necessary, relating to getting a good night's sleep.

## Working with a musculoskeletal problem

### Versus Arthritis

Has a comprehensive section on working with arthritis or joint pain. Much of this information is also relevant to people with back pain: <https://www.versusarthritis.org/about-arthritis/living-with-arthritis/work/>

### Arthritis Ireland

Have produced an informative booklet for those working with arthritis and/or back pain which can be downloaded from this site: <https://www.arthritisireland.ie/Handlers/Download.ashx?IDMF=67de18bb-ab99-4549-bdf5-e91b741c6fc0>



## Pain

Here is the link to the video shared within the workshop - How does your brain respond to pain?:

<https://www.youtube.com/watch?v=I7wfDenj6CQ>

Here is a link to a short video (just under 5 minutes) about chronic/persistent pain. You may remember that we talked about pain volume and how the brain can keep your volume high even when the danger to tissue is long gone..? Well this video should help to remind you and act as motivator to keep you going. (Even though this video was developed in Australia, it's important to note that here in the UK we also have around 1 in 5 patients who live with chronic/persistent pain.): [https://www.youtube.com/watch?v=C\\_3phB93rvI&feature=youtu.be](https://www.youtube.com/watch?v=C_3phB93rvI&feature=youtu.be)

The Keele Pain Recorder app was developed by patients for patients, to improve the management of pain. They have conducted a clinical trial/evaluation. The app allows the user/patient to record levels of pain and how it interferes with your life, mood, and sleep on a daily or weekly basis. It will record how medication is helping and its side effects. This recorded data can then be shared with the patient's GP to help them better manage and treat the condition either by email, or through the app itself: <https://www.keele.ac.uk/kpr/>

## Further Support

### Musculoskeletal interface service

<https://www.cornwallft.nhs.uk/musculoskeletal-interface-service>

The Musculoskeletal Interface Service is a countywide service for people with hip, knee and shoulder conditions where the diagnosis is unclear or who are not ready, willing or able to have surgery.

### Physiotherapy

Physiotherapy teams who will work with you to restore movement and function as near to normal as possible if you have been affected by an injury or disability.

### What do physiotherapists provide?

- Manual therapy
- Electrotherapy
- Acupuncture
- Hydrocortisone Injection Therapy
- Individualised Exercise Programmes

'Back to Fitness' classes are also available for people with back pain. The physiotherapists are able to make referrals for x-rays and the MSK Interface service. Physiotherapists work closely with GPs, other health professionals and Social Care.

### Referrals

A self referral form is available to download from the Resources section. If you have back or neck pain you cannot self refer, an appointment can only be made via a GP referral.

Contact Information

01209 318095

Email: [cpn-tr.MSKInterface@nhs.net](mailto:cpn-tr.MSKInterface@nhs.net)

**For more information please contact:**

[healthy.workplace@cornwall.gov.uk](mailto:healthy.workplace@cornwall.gov.uk)

[www.behealthyatwork.org](http://www.behealthyatwork.org)