

Further Advice from Ealing Physio

1. Stress and poor posture causes muscle tension and back pain. Exercise combats tension.
2. Remember you are in charge of your body and responsible for keeping it fit and pain-free.
3. An early diagnosis will help you to avoid an extended and more costly treatment plan.
4. Don't expect the pain to be completely gone before returning to your normal lifestyle.



By looking after your back – you can be assured of a healthier and more active lifestyle.

Team Ealing Physio – We are here to help you.

Every effort will be made to offer an appointment on the same day.

Contact Us

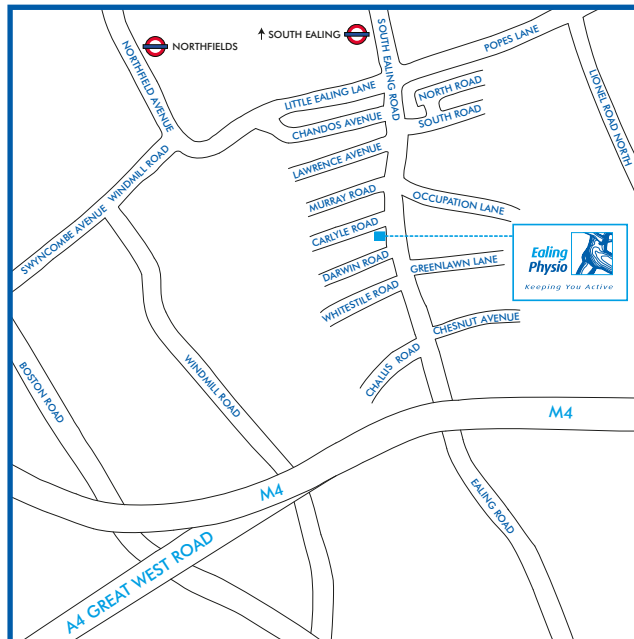
Ealing Physio

📍 228 South Ealing Road
Ealing
W5 4RP

☎ 020 8847 1887

✉ reception@ealingphysio.co.uk

🌐 www.ealingphysio.co.uk



Easily accessible practice via trains or buses

Creatively developed by www.starcopywriting.com

How to Avoid Back Pain



TOP TEN TIPS

**ARE YOU FED UP
WITH BACK PAIN?**

**Ealing
Physio**



Keeping You Active

Christina Carlsen, founder and practice owner has established successful practices in Denmark, the Middle East and London

"I wanted to develop a London based practice (est. 1990) which offered outstanding physiotherapy expertise and long-term results.

We have many patients who suffer with back related problems. This leaflet with our Top Ten Tips for an improved daily routine and lifestyle, can really make the difference between being active as compared to living with pain.

ALL our patients benefit from a collective experience and caring commitment from the physiotherapists and supporting team."

Christina Carlsen



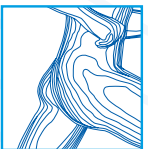
Ealing Physio's TOP TEN TIPS

1. **Exercising.** Establish a regular routine of the type of exercise which you really enjoy. Prioritise a twice weekly exercise routine, whether dancing, brisk walking, running or gym classes. Pace yourself to your own fitness level and don't overdo it.
2. **Warm-up before exercising.** We recommend a 5 minute jog or other cardiovascular exercise followed with stretches. Stretches only will loosen you but not warm you up. After exercising, stretch for 10 minutes.
3. **Join a Pilates class or learn a stability exercise programme** which will strengthen the core and other muscles that support your back. A member of Team Ealing Physio can design a programme specifically prescribed for your problem.
4. **Reduce stress.** Try yoga or meditation, have a massage, allow more time to avoid being late, keep within speed limits, have realistic schedules. Don't try to overachieve by packing too much into your day.
5. **Sitting correctly.** When using a computer, ensure you have a good office chair. Sit upright both at work and at home. Avoid slumping in soft easy chairs and couches whilst watching television. A member of Team Ealing Physio can help you to 'un-learn' poor postural habits.
6. **Ergonomic Risk Assessment.** It is worth requesting a DSE (display screen equipment) assessment which will look at your work station equipment and how you sit; this will ensure a correct working posture. Consider an adjustable sit-stand desk.
7. **Pace yourself.** Be realistic about heavy work such as housework or gardening. Don't dig the whole garden or vacuum clean the whole house in one go - take frequent breaks. Don't overdo it.
8. **Bend your knees and hips.** Remember not to put all the strain on your back by lifting with a bent back. Two people should lift heavy loads. Never lift and twist at the same time or you could risk a slipped disc.
9. **Are you overweight?** If so, try to lose some weight. If you need to lose a lot of weight, it is recommended to consult your GP.
10. **Your mattress.** Is the bed old and saggy? The base of the bed should be firm with a pocket-sprung mattress. Warning! Orthopaedic mattresses are often far too hard. Your spine should be straight and supported to avoid back strain.

"I would recommend Ealing Physiotherapy to anyone for the welcoming atmosphere, friendly receptionists and excellent physiotherapists."

Karin H

**Ealing
Physio**



Keeping You Active