



# BACK PAIN MYTH BUSTERS

We're busting myths and reinforcing what the latest evidence says is best for your back

## Myth #1

Moving  
will make  
my back  
pain  
worse

## Fact:

People fear twisting and bending but it's essential to keep moving. Gradually increase how much you are doing, and stay on the go.

See all the myths and facts at:

[www.csp.org.uk/mythbusters](http://www.csp.org.uk/mythbusters)



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## Myth#2

I should  
**avoid exercise,**  
**especially**  
**weight**  
**training**

## Fact:

Back pain shouldn't stop you enjoying exercise or regular activities. In fact, studies found that continuing with these can help you get better sooner – including using weights where appropriate.

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CHARTERED  
SOCIETY  
OF  
PHYSIOTHERAPY

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## Myth #3

**A scan  
will show  
me exactly  
what is  
wrong**

## Fact:

Sometimes it will,  
but most often it  
won't. Also, even people  
without back pain have  
changes in their spine  
so scans can cause  
fear that influences  
behaviour, making  
the problem worse.

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**Myth#4**  
**Pain equals damage**

**Fact:**

This was the established view but more recent research has changed our thinking. Modern physio takes a holistic approach that helps people understand why they are in pain.

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