



# 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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## 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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