

German League against Rheumatism: We are there for you

Back pain is a rheumatic illness.
We know a lot about it.
We would gladly like to advise
and help you.

We can for example help you
to learn special gymnastic exercises.
You will meet
many other people
with rheumatism,
with whom you can share
mutual experiences.

To learn more
give us a call: **01804 60 00 00***
Or visit our website:
www.rheuma-liga.de

What helps with the pain?

For sudden back pain
it is important to relax the back.
Lie on your back or on your side
and bend your knees.
This relieves the irritated nerves.
Keep your back nice and warm
with a hot water bottle
or a heating pad.
This relaxes the muscles.

The Doctor can tell you
which medications relieve the pain.
Medications such as ibuprofen
or diclofenac are very effective.
If that does not help,
the Doctor can numb
the painful spot with a shot.

It is important
not to rest your back too much.
It has to keep moving.

To ensure that the pain
does not keep coming back,
you should strengthen the muscles
located around the spine.
Swimming, bicycling or Nordic walking
are good for this.
Exercises with jumping
or sudden movements,
such as martial arts,
handball, football or soccer,
are not suitable.

Try not to worry
about the pain.
Relaxation exercises can help.

SHORT & TO THE POINT Back Pain



The most important information
about your illness,
summarized for easy understanding.



**You have back pain.
Here is some information
to better understand
your condition.**

Back Pain – What is it?

Back pain occurs frequently.
Almost everyone has had back pain.
Usually the pain is gone
after a few weeks.
But in some people
the pain returns constantly.

Where does the pain come from?

Back pain usually
comes from the spine.
The spine consists of
many small bones called vertebrae.
Between two vertebrae there is
a soft cushion called the disc.
Just by walking upright
the human spine is under great strain.
Other things can intensify the strain.
For example, a pronounced hollow back.
This means,
that the spine has a greater curvature.
This intensifies the strain and pressure
and the back starts to hurt.

Sometimes the discs collapse.
This happens
if they have been put
under too much strain
or because of incorrect posture.
Then the muscles
located around the spine
try to support the spine.
But because the muscles
were not made for this, they cramp up.
Such cramps are very difficult to relieve.
The pain that this causes
can appear suddenly.

This is also because
many nerves run through the spine.
If one of these nerves is irritated,
that hurts very much.

There is a specific spot
along the spine
where the sciatic nerve is located.
If it is irritated, this is called sciatica.
The pain usually radiates
from the buttocks down through the leg
to the foot.

It is also very painful
if a disc slips between two vertebrae.
This is called a slipped disc.

If the vertebrae recede,
then something else happens.
Without the cushion
the vertebrae rub against each other.
They break down
and at some point they start to hurt.