

Challenging back pain myths



Common back pain myths:

- "I have back pain, so I should stay in bed and rest"*
- "My back pain is due to something being 'out of place'"*
- "I need a scan or X-ray for my back pain"*
- "I need an operation to cure my back pain"*

Fact:

Disability from back pain is more related to beliefs and behaviours than actual pain intensity

A talk by:

Dr Sarah Casserley-Feeney
Senior Physiotherapist HSE (MISCP)
& a panel of Chartered Physiotherapists

8 pm Tuesday May 24th 2011
Clarion Hotel Sligo

No registration required - just turn up on the night