

# THE TOP FOUR MISCONCEPTIONS ABOUT BACK PAIN

## **MISCONCEPTION 1 - EXERCISE CAN HURT YOUR BACK**

*The right exercises are a good thing for back pain. Your core and back muscles need to rebuild to eliminate pain.*

## **MISCONCEPTION 2 - HERNIATED DISCS REQUIRE SURGERY**

*90% of herniated disc cases can get better on their own. They don't need surgery, but rather an active rehab and physiotherapy treatment program.*

## **MISCONCEPTION 3 - X-RAYS AND MRI'S ARE NEEDED**

*Many times an x-ray or MRI can show the source of the back pain, but it cannot show things like weak muscles, which might be the cause of the problem. An x-ray or MRI is suggested if back pain does not get better after several months of healthy lifestyle changes and alternative treatments.*

## **MISCONCEPTION 4 - REST IS THE BEST THING**

*Gentle exercise is actually the best thing for sore backs. You may want to skip your regular workout, but that doesn't mean you should retreat to the couch. Instead, try gentle walking or stretching to help alleviate the pain and promote faster healing.*

