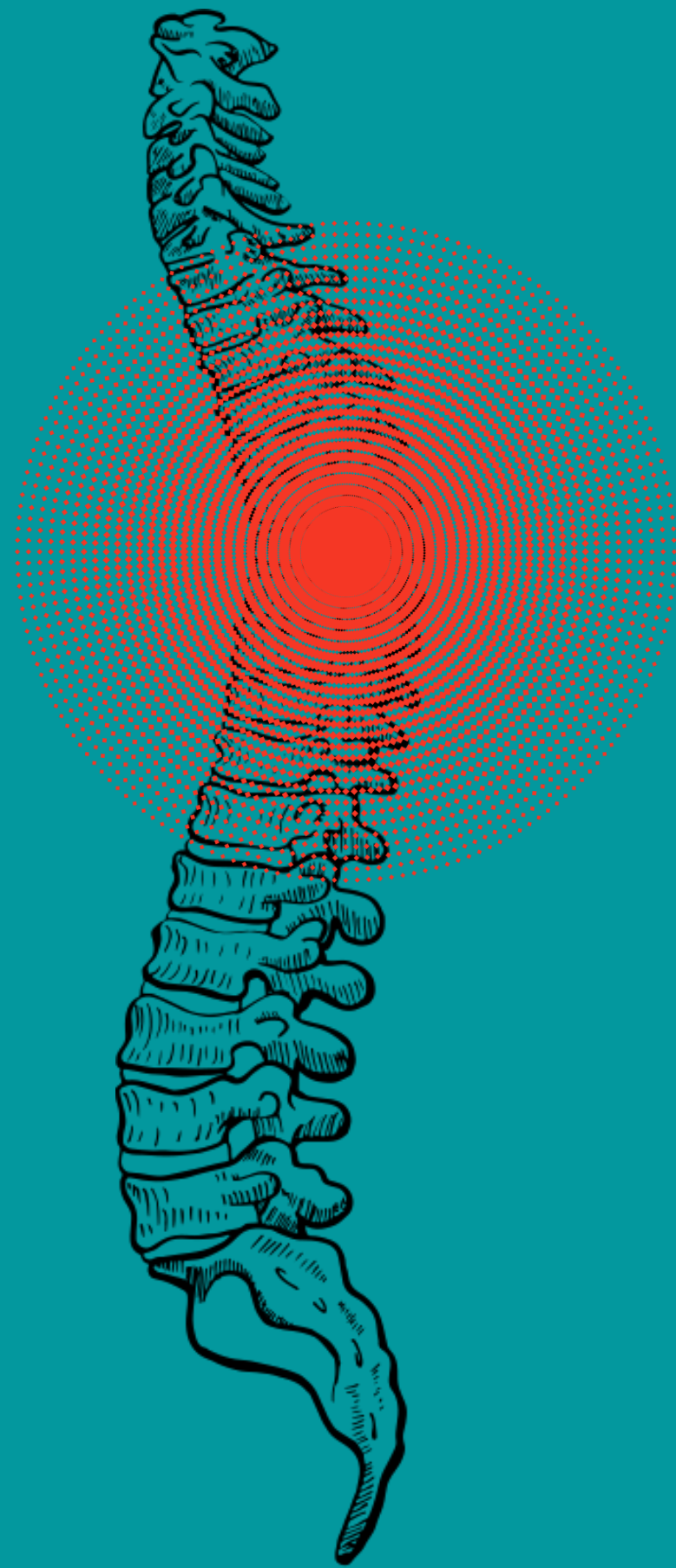




The
Norwich
Chiropractors

5 Steps To Recover From Mid/Upper Back Pain





Step 1

Rule out the nasties



There are many things that can cause mid/upper back pain . The overwhelming majority are not serious or life threatening but should still be considered so they can be safely ruled out as causes of your pain.

These include:

- Cancer
- Infection
- Organ Pathology
- Fractures



Step 2

Get a Diagnosis



The spine is a complicated structure with many components including muscles, tendons, ligaments and nerves. Sometimes you can have an injury which may be causing pain, such as a facet joint or rib sprain. Other times, you may have muscular issues causing trigger points.

Understanding the cause will help you create a specific plan that is relevant for your issue.



Step 3

Know the Why!



It is one thing knowing WHAT is causing your pain but it is another to know WHY.

Two people may have the exact same symptoms but have completely different reasons why. One may be due to eg. repetitive movements at work whilst the other may be due to eg. how they are exercising.

Understanding this is key to recovery so you may make the necessary changes to allow your body to heal.



Step 4

Find The Right Support



A problem shared is a problem solved. Some times an issue cannot be managed on your own with little assistance. There are many supportive strategies that can be used to help accelerate your path to recovery.

This can include; talking through your issue with a family member/friend or professional, taking medication to help reduce some of the symptoms, having some hands-on treatment to help restore mobility and ease the pain, working on prescribed exercises or activity advice.



Step 5

Take action



Many issues respond well to exercise and modifying any aggravating activities. Finding the sweet spot so you are challenging the body but not aggravating the spine can be a challenge, but when done properly, will be extremely beneficial.

Our GIFT to you!

Would you like to save £10 on your first visit with us*??

Please follow [this link](#) for your discount code

*discount only applies to consultation and first treatment. discount is not valid on consultation only visit or the new patient bundle offer