

Backpain has many causes from actual back damage to trapped nerves and, in my case, muscle strain and pain.

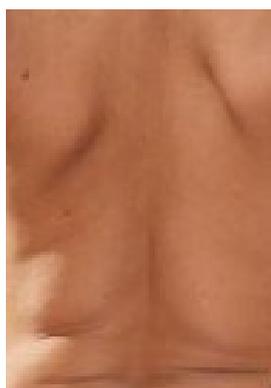
In my case (Adrian) helping my mother up a hill twice in a day on holiday in Scotland in 1999 caused a big muscle spasm. Going up hills twice was achieved, with a hand on mum's back walking up. It was then when I went up three steps that I had a huge pain in my back and was not sure whether to fall to the floor or not.

My back was perhaps never strong, but this spasm was new and unique, and it was very difficult for me to go up the stairs in Bonskeid House afterward the first injury (see left). Recovery, though, was fairly swift at that time.

Since then I have had occasional spasms, usually going up the stairs at home, usually when least expected. The result is *intense pain*, going down on to the floor

or not sure whether to do so, and then getting up or pausing and walking away. Then in 2002, just before teaching training was about to begin, in September, I had three

This left me in a very weakened state, and Elena had to accompany me on the first Monday, holding one hand. Incidentally the where the most damage is very slow, with difficulty and some occasional



spasms setting me back, and even no spasms or little pain spasms setting me back. I have worked very hard on being careful and avoiding more

spasms in three days.

weakened state, and Elena first Monday, holding one hand. Incidentally the where the most damage is very slow, with difficulty and some occasional

spasms, and this has involved a loss of confidence too because of the pain that results when they happen.

This experience follows the common pattern. Muscles and ligaments when torn release chemicals that then irritate the nerves felt as pain. In fact back problems can come from minor as well as major injuries, like sudden movement or awkward lifting. Computer use can be a problem, as can poor seats (and I have had all of these).

Eventually after several visits to the doctor I asked for an MRI scan. This was refused but he conceded an X ray. I was convinced that something must be causing the muscle spasms. He doubted that anything was wrong with the back. An X ray is a crude device but showed some small disc compression and loss of bone density, though this may not have been the cause. Nevertheless this led on to seeing a physiotherapist, who gave me a longer metal (and hand restricting through pressure - it lost mobility!) stick.

If the physiotherapist fails only then if it fails is there an is deemed high risk and low better over time. Fast when there is sciatica spinal nerve). This is weakness in the legs and there, or problems in passing symptoms of additional



then osteopathy is next, and MRI scan. Altogether surgery success, and often backs get treatment is however needed (damaged discs affect the detectable by symptoms of buttocks, or lack of feeling urine. I have had none of these difficulties.

Other causes of back pain can be age with the vertebral discs wearing out

So most conditions of back pain do get better but can recur. Some recovery times are as little as 2 to 4 weeks (but a lecturer had his spasm-based weakness for ten months). Painkillers, massage, anti-inflammatory treatments all help but do not provide cure (use through mobility and position through posture does). It may not be necessary to see a chiropractor or osteopath. A physiotherapist may well be effective if self-treatment does not work. Self-treatment means cold peas in a bag (raising blood flow from within), hot water bottles for heat relaxation, keeping off low seats, moving about when possible, and lying in bed without making the back awkward.

and their failure to absorb shock. Old people vary with their back pain and posture quite a bit.

Continuing to swim and to dance are good treatments ahead of problems!

A good strategy is to lose weight. I ought to do this! Physiotherapy exercises might restore back posture. The one I saw reckoned my back problem has had a long formation, especially with me being tall. Computer posture is

important, and so is the bed mattress. Massage and manipulation can continue even after the problem seems to have gone. Mobility is better than long periods being still, whether sat or in bed.

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