

LOW BACK PAIN



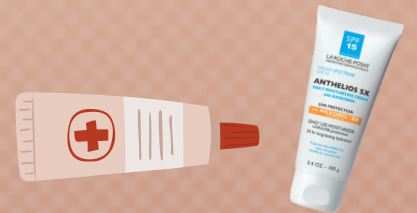
GOOD EVIDENCED BASED PRACTICE

NON EVIDENCED BASED PRACTICE

SELF CARE AND GUIDED SELF MANAGEMENT



GELS & CREAMS (volterol, deep heat, tiger balm etc)



PHYSICAL THERAPIES



TAPING

PAIN MEDICATION (Ibuprofen, paracetamol, co-codamol etc)

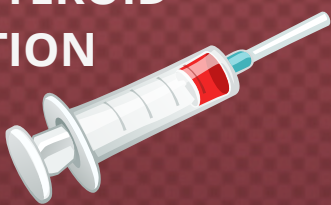
HEAT/ ICE



SPECIFIC DIET OR SUPPLIMENTS



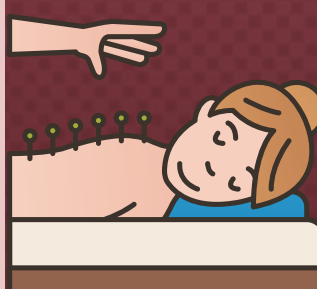
CORTICOSTEROID INJECTION



MASSAGE OR USE OF BELTS



SURGERY



OTHER THERAPIES:

- TENS
- ULTRASOUND
- ACUPUNCTURE