

"Physiotherapy helped me return to full time work when it was questionable if I would. I have an improved view of my world (I'm standing straight again so am looking straight ahead rather than down) and I have energy to achieve more in my day." Karen

"My physio provided me with valuable education and a personalised exercise plan that has enabled me to feel confident about carrying on with my nursing career without fear of reoccurring back problems." Amanda

"My physio helped me with a posture issue by telling me to adjust my rear vision mirror in my car. Instantly made me sit taller and stretch out my spine. Helped lower back issue hugely! Best advice ever." Huia



CONTACT DETAILS

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Physiotherapy New Zealand acknowledges their Special Interest Group - the New Zealand Manipulative Physiotherapists Association for assisting with information in this leaflet. This leaflet does not replace the benefits of a full assessment and programme provided by an expert physio.



PHYSIOTHERAPY NEW ZEALAND | MOVEMENT FOR LIFE
Kōmiri Aotearoa



BACK PAIN PHYSIOTHERAPY CAN HELP...

- treat your back pain
- keep you active and moving
- teach you how to avoid future back problems



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Over 80% of New Zealanders will experience some form of back pain in their lifetime. If you're one of them, then you'll know what a struggle it can be.

Back pain can impact on your work, sleeping patterns and your general ability to keep moving and enjoy life.

If you're searching for a solution to treat your back pain and prevent future problems then physiotherapy can help you.



How can physiotherapy help?

Your physio will identify the factors contributing to your specific back problem and will design a treatment plan and management programme just right for you. They'll also check if any underlying health conditions could be contributing to your back pain.

Their aim will be to get you back to full movement and enjoying life again.

Your physio can help with:

- Assessment and advice on your back pain
- Mobilisation and manipulation as appropriate
- Specific strengthening and flexibility exercises
- Designing a pain management plan
- Exercises to improve your posture
- Education on how to help prevent future back problems
- Advice on returning to work, sport and general activities
- Workstation assessments, ergonomic analysis and advice on specific work tasks
- Referring you to other appropriate health providers (specialists or GPs) if needed.



Keeping active

For minor back pain the sooner you get back to being active the better – gone are the days where bed rest for weeks was recommended. In fact, research clearly demonstrates that staying active can help reduce your pain and shorten recovery time in most cases.

A physio can advise you on safe, appropriate exercises that will support your back.

How do I find a physio?

Go to www.physiotherapy.org.nz and click on [Find a Physio](#) to see who's available in your area.



Check that your physio is a member of Physiotherapy New Zealand. This shows they're committed to high standards of professional practice. And remember that you don't need a GP referral to see a physiotherapist.