

Patient information about Back Pack

Back Pack aims to provide practical advice and guidance to people who have suffered frequent or persistent back pain. It is an opportunity to gain know-how and confidence for taking good care of your back. It involves building up strategies to reduce the consequences of back trouble, improving what you can do and overall quality of life

The service aims to avoid worsening function, disability and chronicity of persistent or relapsing-remitting back trouble by targeting modifiable psychosocial risk factors. Most people are working or maintaining a level of function, but are struggling with this and at risk of worsening functional levels. Some have multiple flare-up episodes that are problematic.

The Back Pack service consists of a full biopsychosocial specialist pain physiotherapy assessment followed by a 6 week programme. The programme uses behavioural change strategies to support individuals in reducing risk and is run by a physiotherapist and clinical psychologist. This includes an exercise component and functional goals.

The initial assessment for Back Pack does involve a physical examination. The physiotherapist will want to see how the pain may have affected your posture, movement and strength. The examination will go at your own pace, and provides useful information for the patient and the physiotherapist during the course. Back Pack is a 6 week programme at Cossham Hospital and Weston General Hospital.

If you experience the following symptoms Back Pack is for you:-

1. Low back / thoracic / neck pain over 3 months duration or with regular relapsing-remitting pattern.
2. You are struggling to maintain work / reduced hours / on lighter duties / struggling with sickness / off work. Distress and dissatisfaction surrounding work issues.

Back Pack is not suitable for:-

1. People awaiting spinal surgery
2. People with medical concerns requiring further investigation
3. People awaiting the start of injection therapy
4. **People with a high level of disability / low function;**
 - a. Use of walking aids, adaptations in the house, scooters
 - b. Unable to walk over 50 metres
 - c. Fast onset of high disability levels and movement dysfunctions
5. People on multiple medications including opioids