

Backpack aims to provide practical advice and guidance to people who have suffered frequent or persistent back pain and for whom this is likely to continue in the future.

Backpack is an opportunity to gain the know-how and confidence for taking good care of your back. It involves building up strategies to reduce the consequences of back trouble, thereby aiding improvements in what people can do, how they feel and their overall quality of life.

### **Troubled by back pain?**

If you have recently been affected by back pain, or if you have had back trouble in the past, you are not alone. This is a very common problem that will affect the majority of people at some stage in their lives.

There are many for whom back trouble fluctuates on a daily basis and for whom it has become a recurring problem, flaring up for a period, and then calming down, but not fully resolving. Another episode returns again sooner or later. This can be very disruptive to everyday life.

Backpack is aimed at exactly this situation, where the problem has become longer-lasting than a single flare-up episode. Generally back pain sufferers try to keep going as much as possible, deal with each setback as and when it happens, then resume the usual way of life when it calms down.

### **What can Backpack offer?**

The idea behind Backpack is that you can do something to change this cycle of back trouble. In fact there is quite a lot that will influence the daily fluctuations in back trouble. There is also a lot that can influence how often flare-ups occur, how long they last and how much of an effect they will have.

The aim is to help those taking part to make changes that manage the problem more effectively, steering away from future episodes, overcoming flare-ups quickly, and reducing the consequences of back pain in everyday life.

## **What topics are covered in Backpack?**

Some of the topics covered are:

- Building up back fitness in a way that improves posture, tone, strength and physical resilience.
- Building up knowledge and awareness about the things that influence back trouble.
- Making changes that reduce the risks of persistent back problems in the future.
- Making adaptations that reduce the impact of flare-up episodes, including how to make the best use of the help that is available
- Balancing activity and rest/relaxation, as well as managing stress associated with the back pain.

## **What happens next and when?**

If you are interested in improving the current situation with your back trouble, you will be invited to a one to one assessment with a pain specialist Physiotherapist. They will gather a profile of your present condition and circumstances in more detail. This includes your usual activities, any regular exercise, as well as the influence of home, family, work, leisure and social aspects. They will also complete a physical examination. A decision will be made then with regards to further input.

NHS Constitution. Information on your rights and responsibilities. Available at [www.nhs.uk/aboutnhs/constitution](http://www.nhs.uk/aboutnhs/constitution)

**PATIENT  
APPROVED** 

**How to contact us:**

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 [www.nbt.nhs.uk/painmanagement](http://www.nbt.nhs.uk/painmanagement)

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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# Backpack Service



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