

Why should you put up with back pain?

The Queen's recent episode of back pain has been heavily featured in the national media – much of this has focussed on the best possible way to help her get better.

The important thing to note is that everyone's interested in 'how' not 'if' the Queen's back pain can be eased. Of course we're inclined to assume that Her Majesty can be helped whatever her back complaint turns out to be. After all, so people seem to think, she's got access to the best advice and assistance available, there's bound to be someone who can help her.

Does this mean the back pain you or one of your family is suffering with is different and that it can't be treated?

According to Jonathan Betser of Shefford's Woodside Clinic, such sentiments are a reflection of one of the most frustrating aspects of modern life "It seems to be accepted that there is always something that can be done to help most problems – providing your rich and/or famous! However, many sufferers of back and neck complaints consider themselves 'too old', 'too busy' (!), 'in too much pain' or even 'not wealthy enough' to be able to find relief from their suffering. Most of the time this is simply not true!

"Even severe back pain can be helped by a careful diagnosis, thorough examination and an appropriately formulated treatment plan. Of course if a problem's been established for a long time, it's likely to be a bit more difficult to treat (-guidelines published in 1994, recommend treatment should be initiated within six weeks of the onset of back pain!), but in spite of this, over 95 percent of the patients we see with back pain get better with treatment.

The Woodside Clinic has launched a 'better backs' campaign and with recently published research papers from the UK and America, finding Osteopathy, Physiotherapy, Acupuncture and Pilates to all be very effective in treating low back pain (-as well as each having been separately mentioned as the Queen's best chance of recovery!), the Woodside Clinic's provision of all four treatments should offer patients a great opportunity to get a 'better back!'.

Please visit our website for more information: www.woodsideclinic.co.uk