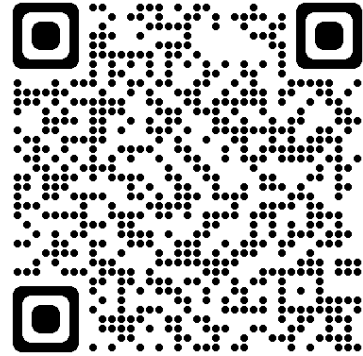


Back pain/ persistent pain

[Cauda Equina Information cards \(macpweb.org\)](http://macpweb.org)



General advice:

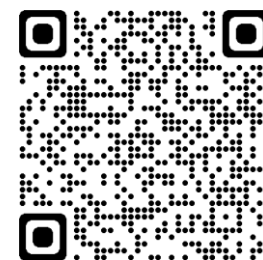
NHS Inform

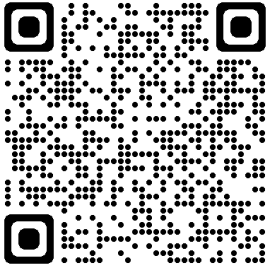
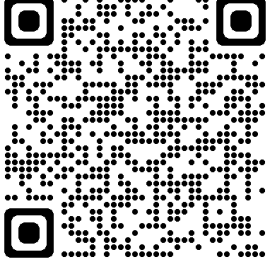
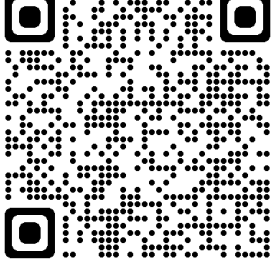
[Back problems - Muscle, bone and joint injuries | NHS inform](#)

[Exercises to help with back pain | NHS inform](#)






[Back pain - NHS \(www.nhs.uk\)](http://www.nhs.uk)





<p>Back pain - Treatment - NHS (www.nhs.uk)</p>	
<p><u>Chartered society of physiotherapists</u></p> <p>10 things you need to know about your back The Chartered Society of Physiotherapy (csp.org.uk)</p>	
<p><u>Versus arthritis</u></p> <p>Back pain Causes, exercises, treatments Versus Arthritis</p>	

Back pain and exercises

<p>https://www.nhsaaa.net/musculoskeletal-service-msk/musculoskeletal-service-msk-low-back-pain/low-back-pain-msk/</p> <p>NHS Ayrshire & Arran - Low Back Pain: Exercises (MSK) (nhsaaa.net)</p>	
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Video exercises for back pain The Chartered Society of Physiotherapy (csp.org.uk)	 <hr data-bbox="1043 488 1340 492"/>
https://www.nhs.uk/live-well/exercise/exercises-sciatica-problems/	 <hr data-bbox="1043 779 1292 784"/>

Persistent pain

Manage your pain - Pain ConcernPain Concern	 <hr data-bbox="1043 1339 1353 1344"/>
Home - Flippin' Pain (flippinpain.co.uk)	 <hr data-bbox="1043 1684 1353 1688"/>

[Chronic pain management video resource - Brainman | Therapeutic Goods Administration \(TGA\)](#)



[Tame the Beast](#)



[Home - Living Well with Pain \(livingwellpain.net\)](#)



[Low Back Pain | Reframe Health Lab](#)

Mechanical back pain animation

