

## *Sound Doctor Videos for Patients - Back Pain*

- **Understanding Back Pain**

- What is back pain?
- Why have I got back pain?
- Different types of pain
- Chronic pain
- How can back pain affect me?

- **Coping with Back Pain**

- What should I do when my back hurts
- Medicines that may help
- Will I need surgery?
- Keeping active
- Looking after your back
- How to sit at your desk

- **Therapies that may help**

- A guide to physiotherapy
- A guide to osteopathy
- A guide to chiropractic

- **Exercises**

- Knee raises
- Lower back stretch
- Posture improvement
- Ab strengthening

- **Case Studies**

- Emily's story
- Bridget's story
- Johnny's story
- Tony's story