

Back to Action: a course for back and neck pain

**Physiotherapy Department, Widnes
Healthcare Resource Centre**

Information for patients and carers

• Home • Community • Hospital
Caring for you

Programme information

Place: Physiotherapy Department, Widnes Healthcare Resource Centre (1st floor)

Call: 0151 495 5074

When: Monday, 1:15pm to 3pm.

What is Back to Action?

Back to Action is a 5-week course for people with back or neck pain.

The programme aims to help you:

- learn how your back and neck move
- learn ways to manage your pain
- make daily tasks feel easier
- feel more confident when you move
- build your strength and fitness and exercise safely
- learn exercises to do at home

What happens in the course?

Each session includes:

- advice
- group talks
- simple exercises

This will help you understand your pain. You will also learn ways to manage it.

You will:

- learn how your back and neck work
- learn about pain and how it affects your body
- talk about what to do if your pain gets worse
- talk about posture and safe movement
- learn how to pace your day
- try simple ways to relax
- find out why staying active can help and make an exercise plan for home

Before the course starts

Before you start, you will see a physiotherapist.

At this appointment we will:

- talk about your back or neck pain
- make an exercise plan with you
- ask you to fill in some forms
- ask you to do a sit-to-stand test

Near the end of the course, we will ask you to repeat the forms and the sit-to-stand test.

We may send you the forms again after about 6 months to help us improve the course.

What should I wear and bring?

Wear clothes and shoes that are safe for exercise.

Please bring:

- reading glasses, if you use them
- a bottle of water
- any inhalers or medicine you may need

What if I cannot attend?

Please call us as soon as you can if you cannot attend. We may be able to give your place to someone else.

If you do not tell us, we may discharge you from the service.

Further information

NHS choices

www.nhs.uk

NICE Guidelines

www.nice.org.uk

BackCare

www.backcare.org.uk

Arthritis Research UK

www.versusarthritis.org

Active Halton Development

www.activehalton.co.uk

Musculoskeletal Service

www.northcheshireandmersey.nhs.uk