FIGHTING FIT
PHYSIOTHERAPY | NERANG

BACK PAIN RESET GUIDE

What might really be causing your back pain — and what to do next

UNDERSTAND THE CAUSES
IT'S OFTEN MORE THAN JUST A DISC

PRACTICAL SOLUTIONS
MOVE BETTER FEEL STRONGER

GET BACK TO WHAT YOU LOVE
MORE MOVEMENT LESS LIMITATION

Simple, practical advice to help you move with confidence again.

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IS BACK PAIN LIMITING YOUR LIFE?

Back pain can make simple things feel frustrating — getting out of bed, sitting at work, lifting, training, driving or sleeping.

THIS GUIDE IS FOR YOU IF:

- Your back keeps flaring with sitting, bending, lifting or training.
- You feel stiff in the morning or after long positions.
- You want a smarter plan than just rest or stretching.

THE GOAL:

Less guessing. More clarity.
A plan to calm pain and rebuild confidence.

WHAT YOU WILL WALK AWAY WITH:

- What back pain often means
- What makes it stick around
- What actually helps
- When to book an assessment

Train smarter. Move better. Feel stronger.

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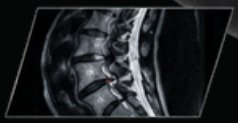
5 SURPRISING TRUTHS ABOUT BACK PAIN

Back pain is common — but a lot of what people believe about it is outdated.



01 MORE PAIN DOES NOT ALWAYS MEAN MORE DAMAGE

Pain is influenced by load, stress, sleep and the nervous system too.



02 DISC BULGES ARE COMMON

Many people without pain still show disc changes on scans.



03 BED REST WILL SLOW RECOVERY.

Gentle movement is often better than shutting down completely.



04 POOR SLEEP AND STRESS MATTER

They can turn the pain volume up and slow progress.



05 SCANS ARE NOT THE FULL PICTURE

Look at the whole person, lifestyle factors and many more!

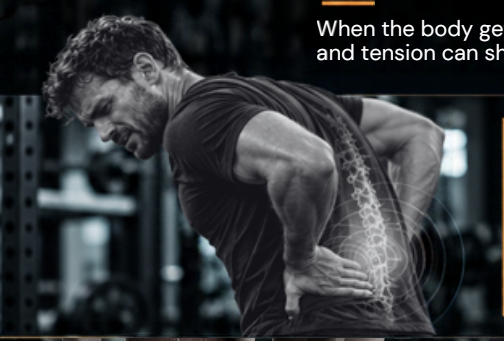
FIGHTING FIT TAKEAWAY —

The goal is not to fear movement. The goal is to build a back that can handle life again.

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PAIN DOES NOT ALWAYS STAY IN ONE SPOT

When the body gets irritated, stiff or overloaded, pain and tension can show up in more than one area.





LOW BACK

- Ache or throb after sitting or moving with bending
- Pain after sitting or lifting





LEG

- Pain that radiates and refers down into the leg
- An electric, burning pain from a affected nerve root





GLUTES & HIPS

- Pain into the upper buttock
- Tightness in the hip joints

FIGHTING FIT TAKEAWAY

Treat the pattern, not just the sore spot.

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WHY BACK PAIN HANGS AROUND

Back pain often sticks around because of a cycle — not because you are broken.

01

DOING TOO MUCH TOO SOON AFTER INJURY

Jumping back into normal activities before your back has settled can quickly irritate symptoms again.

02

DOING TOO LITTLE FOR TOO LONG

Avoiding movement for extended periods can lead to stiffness, deconditioning and a more sensitive back.

03

SITTING ALL DAY AND ONLY MOVING ONCE PAIN IS BAD

Long periods of sitting reduce tissue tolerance and load capacity, making everyday movements feel harder.

04

FEAR, GUARDING AND CONSTANTLY TESTING THE SORE MOVEMENT

Worry and over-protecting your back can keep the nervous system on high alert, maintaining pain and limiting your activity.

05

WEAK HIPS, GLUTES OR TRUNK CAPACITY

When key muscles are underactive or fatigue quickly, your lower back ends up doing more of the work than it should.

06

POOR SLEEP, STRESS AND RECOVERY

High stress, poor sleep and ongoing fatigue can increase pain sensitivity and reduce your body's ability to recover and adapt.

KEY TAKEAWAY

OFTEN IT IS A LOAD PROBLEM, NOT JUST A STRUCTURE PROBLEM.

Your back is usually strong and built to handle load. Pain often persists because the amount, type or timing of load isn't well matched to your current capacity — not simply because something is damaged.

THE FIGHTING FIT BACK PAIN RESET

Back pain usually needs a staged plan, not a random list of exercises.



1

ASSESS

Find triggers, red flags and what your back can tolerate now.



2

SETTLE

Reduce the dose, range or load without stopping life completely.



3

MOVE

Restore walking, bending, hip movement and confidence.



4

STRENGTHEN

Rebuild trunk, hips and lifting patterns.



5

RETURN

Progress back to work, gym, sport and family life.

A good rehab plan should match the person, the pain pattern and the goal.

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FIRST 7 DAYS: BACK PAIN RESET CHECKLIST

Use this as a simple starting point while you calm a flare and keep your confidence up.

DO THIS

- Keep moving in tolerable ranges
- Take short walks often
- Break up long sitting blocks
- Use easy hip or upper-back mobility
- Write down what flares it and what settles it

AVOID THIS

- Bed rest for days
- Repeatedly testing the painful movement
- Change max lifts to usual gym routine without rehab.
- Copying random exercises that do not match you
- Panicking every time it feels sore

FIGHTING FIT RULE —
Reduce the dose. Do not delete the goal.



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READY TO TAKE CONTROL BACK?

If back pain is changing how you move, lift, work, train or sleep, the next step is clarity — not more guessing.

BOOK A BACK PAIN ASSESSMENT

Fighting Fit Physiotherapy
3/25 Brendan Dr, Nerang QLD 4211

0402 938 661

fightingfitphysiotherapy.com.au

IMPORTANT

This guide is general education only and does not replace personalised medical advice.

Get urgent medical advice if you have: bowel or bladder changes, saddle numbness, major trauma, fever or unexplained weight loss, progressive leg weakness, or severe night pain.

Train smarter. Move better. Feel stronger.