WELLBEING & HEALTH PHYSIO

Managing low back pain

Patient education | Not individual medical advice

Keep moving

Continue normal activities as tolerated. Build movement and exercise progressively with individual advice.

Manual treatment

Manipulation or mobilisation may be considered only as part of a package including exercise.

Ultrasound and interferential

NICE does not recommend therapeutic ultrasound or interferential therapy for low back pain.

Urgent concerns

Seek urgent medical assessment for new bladder or bowel problems, saddle sensory change, or progressive weakness.

Source

NICE (2016, updated 2026) Low back pain and sciatica in over 16s: assessment and management. NG59. nice.org.uk/guidance/ng59

Patient information | General educational guidance