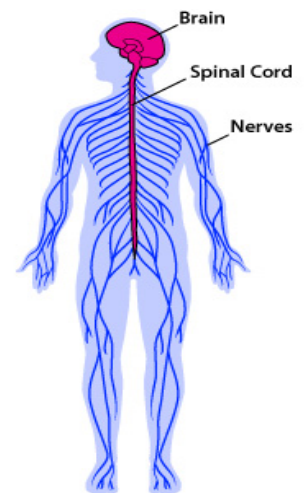
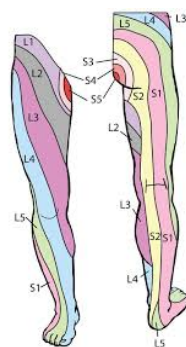


## DO YOU HAVE PAIN OR DISCOMFORT IN YOUR BACK / LEGS?

### You may have nerve pain/symptoms

Nerves from the low back (spine) travel to different areas of the legs



■ Central Nervous System (CNS)  
■ Peripheral Nervous System (PNS)

### Common symptoms when the nerves from the low back area are irritated

You may be aware of pain travelling down the leg (s) or part of the leg (s) or feet

You may be aware of numbness or pins and needles in the leg (s) or feet

You may be aware of weakness in the leg (s) or feet

You may have one / many of the above symptoms

You may / may not have back pain along with the leg (s) symptoms

You may experience symptoms such as burning, shooting, crawling, stabbing, shocks, water trickling, spasms

**WHY IS MY BACK / LEG (S) SORE... I DIDN'T DO ANYTHING I AM AWARE OF** we hear this a lot! It is often difficult to provide a clear explanation or pin point exactly what is hurting because the low back area has lots of nerve endings which can cause high levels of pain when irritated – often for no obvious reason.

**I THINK I HAVE A SLIPPED DISC** discs do not slip. Discs behave like very firm cushions and can change shape with time – at any age. They narrow and bulge and this is a typical normal situation. The change in shape of the disc may be irritating a nerve (s)

**HOW LONG WILL MY SYMPTOMS LAST?** back pain can last for many weeks / months and nerve symptoms in the leg (s) can take even longer to settle. This is not unusual and progress can be slow.

**HOW CAN I HELP MYSELF?** give yourself time to recover - remind yourself it can take a long time - most back pain and nerve symptoms settle with time - stay as active as possible – if leg pain / symptoms are a particular problem ask your GP about medication which is often prescribed for nerve symptoms.