EASTBOURNE OSTEOPATHY

My plan for a difficult day

For a familiar, previously assessed back-pain flare. Fill this in when things are more settled, with your clinician if helpful. New or different symptoms may need assessment.

1. An activity I can keep doing

What feels manageable today, even for a shorter time?

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2. A task I can adapt

What could I break up, postpone or ask for help with?

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3. Something that helps me settle

For example, a comfortable position, gentle movement or a calming activity.

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4. Advice already agreed with my clinician

Include any relevant restrictions. Do not change prescribed medicines using this sheet.

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5. Changes I need to notice

Which new or changing symptoms would mean seeking advice?

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6. Who I will contact, and when

Write the contact and review point agreed for this flare.

When to get medical help

With back pain, call 999 or go to A&E for new bladder or bowel control problems, loss of feeling around the genitals or bottom, symptoms in both legs such as weakness or numbness, new changes in sexual sensation or function, chest pain, or pain after a serious accident. Do not drive yourself.

Ask for an urgent GP appointment or contact NHS 111 if pain is suddenly severe, worsening quickly, or comes with fever, shivering or feeling generally unwell. Do not wait for a routine clinic reply.

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General information: follow any individual advice agreed with your clinician.

Read the companion guide and NHS back-pain advice. Prepared 13 November 2026.