



ROYALFREE
world class care and expertise

Private Patients

Acute Low Back Pain Management

at The Private Physiotherapy Clinic,
The Royal Free Hospital

Do not worry! In the majority of cases your symptoms will resolve by themselves. However the following advice may help to speed up this process.

Do:

1. Try to keep as mobile as possible, within your pain limits
2. Take medication regularly as advised by your pharmacist or doctor
3. Try to find a comfortable position, which relieves your pain if possible (your physiotherapist may help you with this)
4. Take caution when lifting or carrying heavy things
5. Ice or heat packs may help to reduce pain

Do not:

1. Spend more than 20 minutes in any one position, especially sitting
2. Continue with any activity that worsens your symptoms
3. Rest for too long after the start of the pain, 2-3 days at the most.

As stated, the vast majority of low back pain will resolve on its own. However, if you experience one or more of the following:

- Numbness
- Weakness
- Pins and needles
- Change in your bladder or bowel function

Or if your symptoms are worsening or not improving after a week or so, please consult your doctor or physiotherapist immediately.

Frequently asked questions:

How do I book an appointment?

Contact The Private Physiotherapy Clinic on 020 7830 2200 to make an appointment. You can refer yourself or alternatively referrals are accepted from GP's and consultants.

What times are available?

Our clinic is open from 8am to 6pm, Monday to Friday. You can often be seen within 24 hours.

Are you recognised by medical insurance companies?

Yes, The Private Physiotherapy Clinic is recognised by all major Medical insurance companies.

GP's and Consultants

If you are interested in referring a patient to The Private Physiotherapy Clinic, please fax or post a referral to the contact provided. If you would like to discuss any referrals further, please give us a call on the number provided.

To find out more contact us on:

T: 020 7830 2200

E: private.physiotherapy@royalfree.nhs.uk

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