

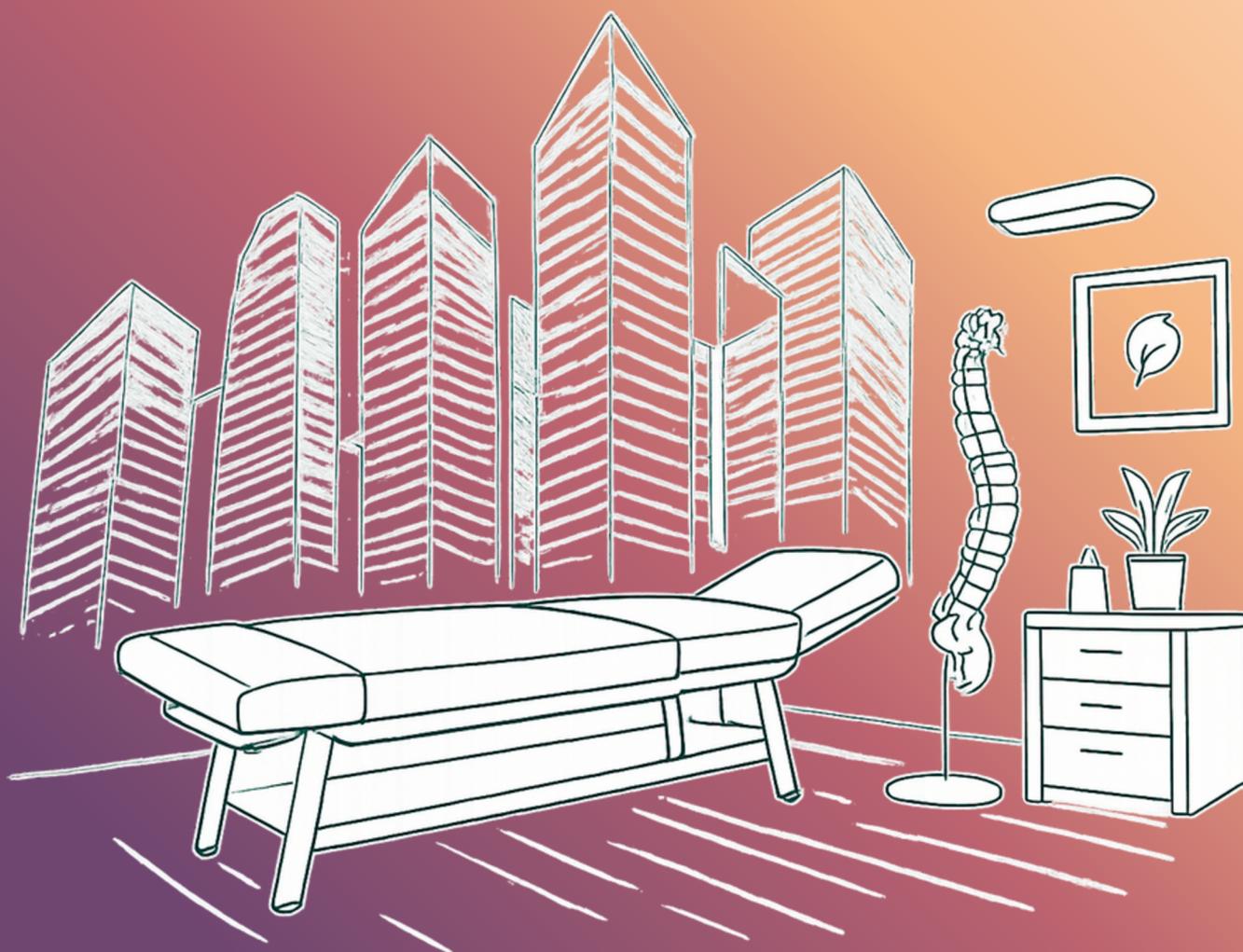


THE FUNCTION LAB

# BACK PAIN

STARTER GUIDE

A calm, practical place to start



DC RAY 2026

# BACK PAIN STARTER GUIDE

## BEFORE WE BEGIN

Helping people regain trust in their body so they can move, live, and do more again.

Back pain can be confusing.

Sometimes it starts suddenly, sometimes it builds quietly over time.

This guide isn't here to diagnose you or tell you what's "wrong".

It's here to help you make sense of what's going on and what to do next.

Think of this as a calm place to start.

### LET'S ANSWER SOME OF THESE QUESTIONS TODAY:

#### 1. Understanding Your Pain

What's really going on in your back?

#### 2. Why Did This Happen

Common factors that can lead to pain back pain.

#### 3. Steps to Move Forward

Simple ways to start feeling better

#### Need More Help?

When you're ready I'm here to help

Phone: 07895 876 228

Email: [ray@functionlab.co.uk](mailto:ray@functionlab.co.uk)



# UNDERSTANDING YOUR PAIN

What's really going on in your back?

1

## BACK PAIN IS COMMON, BUT IT ISN'T RANDOM

Most people experience back pain at some point.



For the majority, it is:

- Not dangerous
- Not caused by serious damage
- Influenced by more than just posture or “wear & tear”

**Pain is your body's way of asking for attention,  
not always signalling damage.**

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## PAIN DOES NOT ALWAYS MEAN INJURY



Pain is influenced by many factors, including:

- Sensitivity of nervous system
- Stiffness or reduced movement
- Muscle tension or weakness
- Stress, fatigue, and previous injuries

This is why pain can come and go, scans don't always explain symptoms, and discomfort can exist even while tissues are healing.

**Understanding this is often reassuring.**

# WHY DID THIS HAPPEN?

Common factors that can lead to back pain

3



## WHY DID MY BACK PAIN START “OUT OF NOWHERE”?

This is one of the most common questions I hear.

Back pain often shows up after:

- Prolonged sitting or repetitive positions
- A change in routine or activity
- A period of stress or poor sleep

It's rarely one single movement that causes pain.

**More often, it's a build-up, and the body finally speaks up.**

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## STEPS TO MOVE FORWARD

Movement matters, but the right kind.



Avoiding movement completely can increase stiffness and sensitivity. Gentle, appropriate movement helps restore confidence and capacity.

The goal isn't to push through pain, but to:

- Find movements that feel safe
- Gradually rebuild confidence
- Develop strength over time

**This is where guidance matters.**

# WHEN TO GET CHECKED?

When reassurance or guidance can help

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## WHEN SHOULD I GET CHECKED

It's worth seeking guidance if:

- Pain is persistent or worsening
  - It keeps returning
  - You feel unsure or anxious
- It's stopping you doing what you enjoy

Clarity early often prevents unnecessary worry.

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## WHAT I FOCUS ON AT THE FUNCTION LAB

My focus is helping people regain trust in their body.



That usually involves:

- Understanding your story
- Assessing movement and function
- Making sense of what's going on
- Supporting recovery through, movement, and education

The aim is always progress, not dependency.

# FINAL THOUGHT

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## A FINAL THOUGHT

Back pain doesn't define you.

With the right understanding and approach, most people can improve, and move forward with confidence.

If you'd like personalised guidance or simply want to talk things through, you're welcome to reach out.

## WANT TO TAKE THE NEXT STEP?

My Contact Details:

Phone: 07895 876 228

Email: [ray@functionlab.co.uk](mailto:ray@functionlab.co.uk)

Website: [www.functionlab.co.uk](http://www.functionlab.co.uk)

### The Function Lab

Helping people regain trust in their body so they can move, live, and do more again.



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SCAN HERE

