

☆☆☆ FREE NUFFIELD HEALTH PATIENT EDUCATION EVENT ☆☆☆

Lockdown has caused a rise in aches and pains – with more than a third of Britons experiencing an increase in acute pains affecting their back, head, and joints, according to a survey. A poll of 2,000 UK adults revealed 36 per cent have experienced increased pain over the last six months. And 25 per cent put their new lockdown pain down to a poor office or workstation set-up at home. Back ache (36 per cent) is the biggest problem for Britons followed by headaches (34 per cent), joint pains (27 per cent), neck aches (26 per cent) and muscle pain (24 per cent).

☆☆☆ Meet the Experts – Managing Back Pain with Mr Himanshu Sharma, Consultant Orthopaedic Spinal Surgeon and our Nuffield Physiotherapists ☆☆☆

Join us on the 13th May for our 'Meet the Experts' event (via MS Teams).

This complimentary virtual event is for patients who suffer with back pain and will include a presentation from Consultant Orthopaedic Spinal Surgeon Mr Himanshu Sharma on the types of treatments that are available, as well as getting more information on what to consider if you are thinking about treatment.

In addition, we have a presentation from our physiotherapy team who will be able to provide you with information about prevention and management of back pain. They will be able to provide demonstrations of exercises and stretches, and you will have the opportunity to ask clinically relevant questions to the physios as well as Mr Sharma and while this does not replace a full consultation, it is a great way to find out more detail, get your questions answered or simply listen to some good advice.

Program for the evening:

7.00pm: Intro and welcome to everyone, switch off cameras and mic's etc.

7.05pm: Physiotherapy Team : Back Pain, Prevention and Management – with demonstrations of exercises/stretchers

7.35pm: Mr Sharma : When surgical intervention is necessary....

8.15pm: Q&A

8.30/9pm close

Booking is essential: Please see the attached flyer, or email [jane.sargeant@nuffieldhealth.com](mailto:jane.sargeant@nuffieldhealth.com) to book your place.