

The best treatment for back pain is prevention and much still needs to be done to educate people ^{on posture as a means of prevention} as to how they can sit better and avoid becoming a victim of backache.

Correct lifting procedures should be on display in the workplace so that people are ^{al} continuously ^{about} reminded how they can help themselves.

Specific physical activities, such as bending, coughing makes the pain worse, whereas others, such as applying heat, reduce the pain. ^e This pain may vary with time, ^{as a} due to ^{result of} related physical activity or in response to treatment. An anti-inflammatory agent and a ^{ate} mild pain killer ^{is} prescribed ^{for the pain} and the patient is seen in ⁶ six weeks time to assess progress.