

Approaches need to be holistic.

Consideration of the following points must be taken:

- Treatment of any underlying condition (pain management especially)
- Elimination of any aetiologies such as facet syndrome
- Stress reduction, sleep hygiene and psychological therapies to assist overall wellbeing
- Promotion of good posture and pain free active range of movement; attention to breathing etc.
- Use of massage, acupuncture, physiotherapy, exercise, etc. to interrupt the pain cycle and promote strengthening, conditioning and ergonomics to prevent re-injury.