

Various Questions for Looking at Contributing Factors for Non-specific Back Pain & Disability

Questions for Contexting Injury or Occurrence of Pain

1. What was happening in your life when you were injured or at the onset of the pain?
2. What statement can you make about your state of being at the time?
3. Was that state of being unique to that situation or was it a recurrent situation?
4. Do you recognize any behavioral or life themes? (underlying belief or myth)
5. What if anything could have prevented the injury or onset of pain?
6. If the injury or pain were a statement made to you, what might the statement be? Who or what is saying the statement? Do you recognize a context for this information? (something familiar?)

Questions regarding Practical Lifestyle Issues

1. Do I move/exercise regularly? (3Xs/wk. min.) If so, is the exercise I am doing right for me right now?
2. Am I aware of my posture throughout the day? What can I do to be aware of it? (Set watch, give visual prompts, etc.)
3. Are my hip joints freely movable?
4. How about my lower abs, are they adequately toned to support my back throughout my day?
5. Smoking is bad for my back. If I do it, can I reduce or quit?
6. Do I move intermittently throughout my day? Can I implement this if I don't.
7. Am I drinking enough water?
8. Am I getting enough sleep?

Life Stress Questions for Self-Study (*Swadhyaya*)

1. What life stresses are active in your life right now?
2. What challenges are you facing?
3. In what ways are you coping?
4. What coping mechanisms or behaviors do you wittingly or unwittingly find yourself engaged in?
5. What action or actions can you take, however incremental, to resolve any conflicts (internal and/or external)?
6. What can you do right now to reduce stress?
7. What kind of support/help/relief would be perfectly helpful to you right now?

Some Stress Reduction Pointers:

- Be mindful of pacing
- Be mindful of fullness of plate; busyness
- Learn to say "no"
- Carve out productive "me" time: pleasant pastime, yoga practice, spiritual retreat, inspirational reading, emotional processing, etc.
- Do systematic relaxation and diaphragmatic breathing
- Meditation / time for processing events of the day and life!