

## Anil's story



Anil, Age 37

**Pfizer life aims to help you make more informed decisions about how you can live your life in the best possible health. This story is an example of one patient's experience with back pain. However your experience may be very different.**

Everyone gets backache from time to time, they say. But I never had – until I picked up that teabag!

I'd been doing a lot of heavy lifting as I've been building a shed in the garden. I decided to do all the work myself, as a kind of pet project. It seemed like I spent every weekend for a few months pulling lots of bags of aggregate about and mixing the concrete myself. And after I built it, I was really proud of myself.

What was ironic was that when my back went it was a few weeks after I'd done the work. I was in the kitchen with my wife and she dropped a teabag. As I bent down to pick it up for her my back just suddenly went.

My wife thought I was joking at first. I was in agony and I couldn't move. I thought I had slipped a disc or something. But the doctor said I hadn't, but I may have torn a ligament in my back. I spent the next day in bed, and my doctor gave me muscle relaxants, which helped, but even turning over in bed took ages.

Then I was creeping about my house like something out of a horror film for a few days, before I began to walk properly again. I think it made a big difference doing as much as I could straight away and not just sitting about with it.

I've been a lot more careful about what I do with my back since then, I can tell you.