Back pain can be stressful and scary. It can keep us from our jobs and from time with family and friends. It may also make people afraid that something is seriously wrong. It is very common and nearly everyone will experience lower back pain at some point.

(Please see bottom of page for advice about when to seek emergency assistance.)

**The good news**

Did you know that 95% of back pain improves a lot over the first couple of weeks? It may take up to two months to feel completely better. Research shows that strong pain does not equal bad injury and it is likely that YOU can manage this with some support.

**Where can you get help?**

**You have options!** Reaching out to one of the following when you notice pain will help get you feeling better faster.



**Doctor/Clinic**

Nurse line

Send a message

Video visit

Appointment

**Insert customized information for your organization**

**Physical Therapist**

Appointment

**Insert customized information for your organization**

**Insurance Plan**

24-hour nurse line

**Insert customized information for your organization**

**Employer**

Program for back pain

**Insert customized information for your organization**

**Chiropractor**

Appointment

**Insert customized information for your organization**

**What can help?**

|  |  |  |  |
| --- | --- | --- | --- |
| * Stay active (bed rest is not recommended)
* Gentle stretches
* Ice or heat (or alternate them)
 | * Short term, over the counter pain relievers
* Good sleep
* Reduce stress
 | * Good posture while sitting,

lifting and sleeping* Gentle massage
* Supportive shoes (avoid heels)
 | * Acupuncture
* Yoga
* Tai Chi
 |

Check back with your care team after 2 weeks, or sooner if you have questions or concerns. Keep them in the loop!

**What likely won’t help?**

* Prolonged rest
* Imaging before 6 weeks (for example: x-rays, CT scans or MRIs)

Ask your care team if this is necessary since the cause of back pain cannot usually be seen on imaging.

* Opioid medication

|  |  |
| --- | --- |
| **When to seek emergency assistance:** |  |
| * You experience weakness in your legs
 | * You develop a fever
 |
| * You have difficulty controlling your bladder or bowels
 | * You are unsteady on your feet
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