

Understanding and Treating LOW BACK PAIN



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 below for advice about when to seek emergency assistance.

THE GOOD NEWS!



- 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's likely that YOU can manage this with some support.

WHO CAN HELP?

YOU HAVE OPTIONS! Reaching out to one of the following when you notice pain will help get you feeling better, faster.



Chiropractor
Appointment



Doctor/Clinic
Nurse line
Send a message
Video visit
Appointment



Employer
Program for
back pain



Insurance Plan
24-hour nurse line



**Physical
Therapist**
Appointment

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
- Supportive shoes (avoid heels)
- Good posture while sitting, lifting and sleeping
- Gentle massage
- 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 low back pain cannot usually be seen on imaging.
- Opioid medication



WHEN TO SEEK EMERGENCY ASSISTANCE

- You experience weakness in your legs
- You have difficulty controlling your bladder or bowels
- You develop a fever
- You are unsteady on your feet

