



Low back pain is very common. About one in five people have back pain. The cause of low back pain is rarely dangerous. The pain often gets better over time. About half of people with a sudden onset of back pain feel better in just two weeks. About eight in 10 people feel better by six weeks.

CAUSES

- Sprain of the muscles or strain of the ligaments supporting the spine
- Wear and tear (degeneration) of the spinal discs
- Arthritis
- Direct injury to the back

SYMPTOMS:

- Muscle ache
- Shooting or stabbing pain
- Pain that radiates down your leg
- Limited flexibility or range of motion of the back

TREATMENT

- Medication
 - NSAIDS help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
 - Acetaminophen to decrease pain
 - Prescription pain medicine
 - Muscle relaxant to control spasms
- Stretching exercises, strengthening exercises and posture training to help stabilize the back, strengthen muscles and prevent recurrence of symptoms
- Chiropractic care
- Acupuncture
- Massage
- Yoga

SEEK MEDICAL CARE IF:

- You have pain that is not relieved with rest or medicine.
- You have pain that does not improve in one week.
- You have new symptoms.
- You are generally not feeling well.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have pain that radiates from your back into your legs.
- You develop loss of bowel or bladder function.
- You have unusual weakness or numbness in your arms or legs.