



Lower Back Pain

If you have lower back pain, you're not alone. Low back pain is a common reason for doctor visits and can be caused by a strain or injury to muscles in the back. It can also be caused by underlying conditions, such as arthritis or disk injuries.

Most of the time, low back pain will get better within a few weeks with rest and self-care. If your back pain has just started, you can apply ice or take over-the-counter pain relievers to help treat your injury.

TALK TO YOUR DOCTOR IF YOU HAVE BACK PAIN THAT:

- Lasts longer than a few weeks.
- Gets worse or more severe as time goes by.
- Comes with other symptoms, such as fever, loss of function or weakness in extremities, bladder problems, etc.

Your doctor will work with you to find out what the cause of the pain is. Surgery is rarely needed for lower back pain. In some cases, your doctor may recommend physical therapy or anti-inflammatory medicines.

TO REDUCE YOUR RISK OF LOW BACK PAIN CAUSED BY AN INJURY, YOU SHOULD:

- Maintain a healthy weight. Excess weight can put pressure on the lower back.
- Strengthen your abdominal muscles. Try exercise programs like yoga or Pilates.
- Lift weight correctly. To avoid injuries, lift with your legs instead of your back. Hold heavy items close to your body and try not to twist your torso as you lift.

QUESTIONS?

Talk to your doctor if you have questions about lower back pain.

