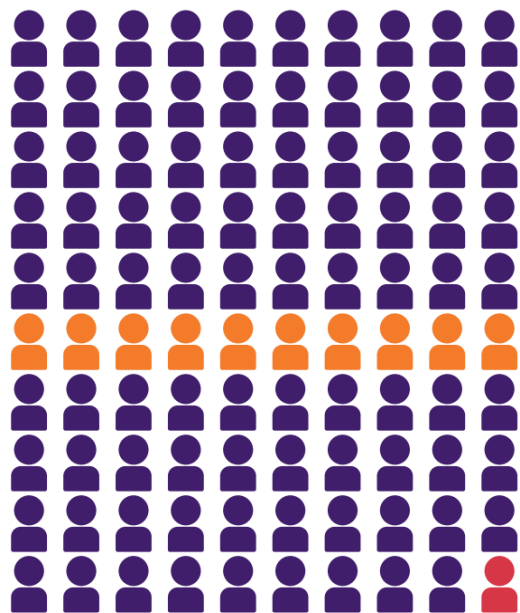


Low Back Pain

*Low back pain is a very common experience. It is painful and can hinder your daily life. About **90% of issues have no identifiable cause and will resolve without treatment in 4-6 weeks.** Receiving a scan (X-ray, CT, or MRI) will not help resolve pain faster.*



The majority, **about 90**, have low back pain for which a cause can't be found.

About 10 have nerve-related pain, which in many cases does not need a scan.

Less than 1 person has a serious cause and in some cases may need a scan.

Pain ≠ Damage

- ❖ Scans may not identify the cause of pain
- ❖ Most back pain is managed the same way, regardless of scan results
- ❖ X-rays and CT scans use radiation and can harm your health
- ❖ Scans can lead to unnecessary procedures and costs.

When a scan may be needed: *Report any of these signs to your provider.*



- ❖ A history of cancer
- ❖ Unexplained loss of weight
- ❖ Fever over 102°
- ❖ Loss of bowel or bladder control
- ❖ Abnormal reflexes or loss of muscle power
- ❖ Loss of feeling in your legs
- ❖ Pain lasting greater than 6 weeks without improvement despite at-home treatment

At-Home Treatment for Back Pain

Don't stay in bed: Start with gentle movements and walking, gradually increase as tolerated

Apply heat or ice: Use heating pads, electric blankets, a warm shower to relax your muscles, or ice packs in 10 minute intervals

Take OTC medicines: Anti-inflammatory drugs like Tylenol, Advil, and Aleve relieve pain

Sleep comfortably: Lie on your side or back with a pillow between your knees