

## What to know and when to get help

Back pain is one of the most common reasons people go to the doctor or miss work. It's important to be familiar with the basic signs and symptoms. Please reference the guidelines below to track the severity of your condition.



### Manage your symptoms by:

- Taking over-the-counter pain relievers
- Avoiding heavy lifting, bending or twisting motions
- Using ice packs for the first 24 hours then using a heating pad or hot shower
- Avoiding lying in bed
- Doing your regular activities



### Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- No improvement in your back pain after 7-10 days
- Pain that radiates to your arms or legs
- A history of cancer
- Burning or pain with urination



### Go to the ER or dial 911 if:

- Progressive weakness of your legs
- Sudden onset of numbness or tingling in your legs or feet
- Loss of bowel or bladder control
- New onset of rapidly increasing pain and you are 60 years old or older

\*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.