
SELF-CARE INFORMATION FOR ACUTE LOW BACK PAIN

Back pain is common even without an accident or injury and is rarely due to any serious disease.

The spine is strong and robust. The pain can be severe initially but is not usually an indication of tissue damage.

Most back pain will settle within 6-8 weeks so don't panic.

Try and remain positive, stay at work, if possible, as this helps you recover.

You may need to modify your activities for a while but aim to get back to normal as soon as you are able.



Seven Golden Rules

1. Keep moving even if slowly at first
2. Keep living and working normally
3. Avoid bed rest during the day
4. Exercise
5. Don't sit down for too long
6. Don't be afraid to take simple painkillers – such as paracetamol or ibuprofen (or topical ibuprofen gel if you are unable to take the tablets)
7. Stay active and remember to re-introduce activities like heavy lifting gradually

When to seek urgent medical attention (A&E):

Although very rare if you experience any of the following symptoms you must seek urgent medical attention:

- **Difficulty passing urine**
- **Numbness or tingling in your genital region, back passage, or buttocks**
- **Loss of control of your bladder or bowel**
- **Impaired sexual function, such as loss of feeling during intercourse or a change in ability to achieve an erection**
- **Loss of sensation when passing urine or during a bowel movement**

If you experience any of the following, please contact your GP or Physiotherapist:

- You feel unwell, are experiencing night sweats or have a high temperature.
- Your pain is worsening and is not manageable
- Things are not improving over the weeks

Useful contacts

- Ask your pharmacist
- Patient UK - www.patient.co.uk
- NHS Choices, www.nhs.uk/conditions/

If you have further questions:

Call the **practice** on *01285 653184* or *01285 653122*

If you require **urgent** medical advice, call *111 (24 Hrs)*

In an **emergency** call **999**