



Back Pain Fact Sheet. http://www.ninds.nih.gov/disorders/backpain/detail_backpain.htm. Last accessed on 24 April 2015.)

Do you have back pain? You're not alone!

Take the first step in controlling your back pain. Talk with your doctor about what can be done to help. Ask what you can expect as a goal of treatment.

It's important to talk to your doctor about your back pain—especially if you have new pain or more than you've had before. Be sure to tell your doctor when it started and what makes it better or worse. Your pain may not be caused by your disease. It could be something else. Your doctor will decide what's wrong and make a plan to fix it.

These tips may help.³

- Good posture matters! Push your chest out, tuck your chin in, and keep your stomach tight when you stand, bend, lift, or walk.
- Standing straight for a long time can put strain on your back. Instead, put one foot on a short stool or box when you're working in the kitchen or if you stand a lot at your job.
- Do you drive a lot or have to sit in the car for long periods of time? Sitting straight will help ease your pain. Try placing a small pillow behind you to support your lower back.
- If you sleep on your side, straighten your bottom leg and rest your top leg on a pillow.
- Always bend and lift using your legs, not your back!

Talk to your doctor about whether these things could help:

- **Hot or cold packs.** These may help ease some types of muscle or joint pain.
- **Exercise.** Talk to your doctor about exercises you can do to keep your back muscles strong.
- **Medicine.** Some over-the-counter pain medicines can ease back pain. But you shouldn't start a new medicine without talking with your doctor first.
- **Relax.** Some types of yoga are safe and gentle enough for back pain. Yoga may help you relax and better manage pain.

3. *What Can Physical Therapy Do For Your Back & Neck Pain.* Cleveland Clinic.

http://my.clevelandclinic.org/health/diseases_conditions/hic_your_back_and_neck/hic_What_Can_Physical_Therapy_Do_For_Your_Back_and_Neck_Pain. Last accessed on 24 April 2015.