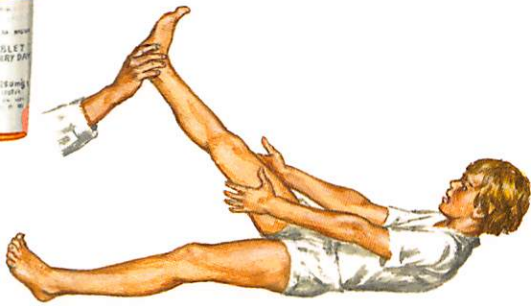
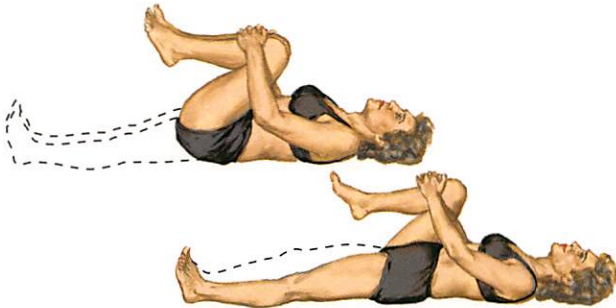




Treatment may include taking medicine.



Physical therapy can also reduce pain and strengthen back.



Exercise daily and control your weight. Ask your doctor for examples of more exercises you can do on your own.



Stand up straight and walk tall.  
When sitting, keep both feet flat on the floor.  
Always avoid slouching.

#### FROM THE DESK OF

#### NOTES

## How Is Low Back Pain Treated?

Treatment depends on the cause of the pain and how long pain has lasted.

If the pain is due to an injury, the doctor may suggest use of cold compresses. Nonsteroidal anti-inflammatory drugs (NSAIDs) may relieve the pain. Severe pain may require stronger narcotic-containing medicines for a short time. For muscle spasms, a doctor may prescribe a muscle relaxant.

All medicines have side effects. NSAIDs may cause stomach upset, ulcers, rash, and kidney or liver problems. Muscle relaxants may bring about drowsiness, dizziness, or rash.

Physical therapy may help reduce pain. Chronic low back pain can improve with exercises for the lower back and abdomen.

## DOs and DON'Ts in Managing Low Back Pain:

- ✓ **DO** take your medicine as prescribed.
- ✓ **DO** call your doctor if you have drug side effects.
- ✓ **DO** lose weight if you are overweight.
- ✓ **DO** back stretching and strengthening exercises daily.
- ✓ **DO** use good posture when sitting, standing, or lifting.
- ✓ **DO** call your doctor if you have difficulty urinating or lose control of your bowels or bladder.
- ⊘ **DON'T** wait for a drug side effect to go away by itself.
- ⊘ **DON'T** give up. If you do not feel better, ask your doctor about starting in a special treatment program.
- ⊘ **DON'T** completely stop exercising.

## FOR MORE INFORMATION

### Contact the following sources:

- American Physical Therapy Association  
Tel: (800) 999-2782  
Web: [www.apta.org](http://www.apta.org)
- American Academy of Orthopaedic Surgeons  
Tel: (800) 346-AAOS  
Web: [www.aaos.org](http://www.aaos.org)
- American Chronic Pain Association  
Tel: (916) 632-0922  
Web: [www.theacpa.org](http://www.theacpa.org)
- North American Spine Society  
Tel: (708) 588-8080  
Web: [www.spine.org](http://www.spine.org)