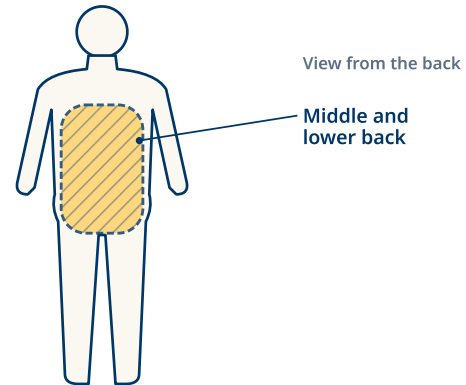


# Back Pain

## What it is

Back pain is very common. It often comes from strained muscles, the discs between the bones of the spine, or the small joints of the spine. Most back pain gets better with time and simple care.



## Common symptoms

- Dull or aching pain in the back
- Pain that spreads to the buttock or leg
- Stiffness after sitting or sleeping
- Muscle spasm
- Pain that changes with bending, twisting or standing

## Self-care tips

- Stay as active as you can. Short, easy walks may help.
- Change position often. Try not to sit for more than 30 to 45 minutes at a time.
- Heat or ice for 15 to 20 minutes may ease pain. Put a towel between it and your skin.
- Lift with your legs, keep the load close to your body, and do not twist.

## What to expect at GSMC

**At your visit:** We ask about your symptoms and examine you.

**Tests:** You may need X-rays, an MRI or other tests. Not everyone needs them.

**Your plan:** We talk about your options, starting with the simplest steps. We decide together.

## When to call us

- Pain that keeps getting worse, or does not get better with care
- New numbness, tingling or weakness in an arm or leg
- Pain with fever, chills or weight loss you cannot explain
- Pain that keeps you from sleeping or doing daily tasks

**Call 911 or go to the emergency room for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.**

## Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

**Our 7 offices:** Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

[gsmedicalcenter.org/conditions/back-pain/](https://gsmedicalcenter.org/conditions/back-pain/)



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*This handout is general information and is not a substitute for medical advice.*