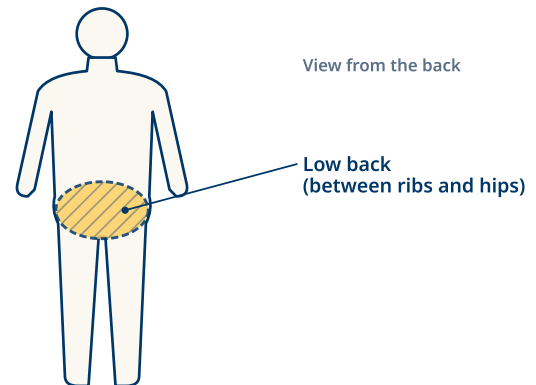


Low Back Pain

What it is

Low back pain is pain between the bottom of the ribs and the top of the legs. It is one of the most common reasons people see a doctor. Most cases get better within a few weeks.



Common symptoms

- Aching or stiffness in the lower back
- Pain worse with sitting, standing or bending
- Pain that spreads to the buttocks
- Muscle spasm
- Difficulty with daily activities or sleep

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/low-back-pain/



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