

Prescription for Your Low Back Pain

Name _____ Date _____

Follow these instructions to manage your low back pain:

- Stay active and walk often.
 - Sleep on your side with a pillow between your knees.
 - Sleep on your back with a pillow under your knees.
 - Use moist heat as directed: _____
 - Take anti-inflammatory drugs as directed: _____
 - Take prescription drugs only as directed: _____
 - Go to your physical therapy appointments: _____
 - Do your home exercise program as instructed: _____
 - Apply a TENS Unit pain relief device as directed: _____
 - Consider acupuncture, massage, or yoga therapy.
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Call us if any of these occur:

- Your back pain is not better in four weeks.
- Your pain gets much worse for more than 48 hours.
- You start to lose weight or you get a fever.
- You lose control of your bladder or bowels.



Facts About Imaging for Low Back Pain

- Low back pain is the fifth most common reason for all doctor visits.
- If you get an imaging test (X-ray, CT scan, or MRI) for your back pain, it will not make the pain improve faster. That is why they are not done routinely.
- X-rays and CT scans use radiation that can add up over time and be harmful. For your safety, it is best to avoid radiation whenever possible.
- To learn more, visit choosingwisely.org and select *For Patients*.



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