

Back pain – The facts

- **Very common - 80% people affected**
- **Usually not serious**
- **Take simple painkillers soon & take them regularly**
- **Stay active - avoid bed rest & try and stay at work**
- **Remember that anxiety & stress can increase the pain we feel**

It should settle within a few weeks

For further advice check www.nice.org.uk/guidance/ng59

Back pain - The warning signs

- Increasing pain despite medication & even with rest
- Feeling unwell, taking steroids, or have had cancer
- Difficulty passing urine or losing bladder or bowel control
- Numbness around back passage or genital area
- Numbness, pain, pins & needles or weakness in both legs

Seek urgent medical advice!

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