

OH, MY ACHING BACK!

6 things to know about back pain

1

YOU'RE NOT ALONE.

8 in 10 adults suffer from back pain at some point.

It's more likely than:

Having home Internet access

7 in 10 households

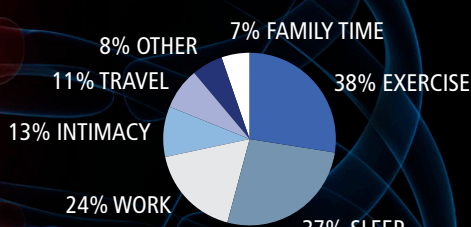
Playing video games

3 in 5 Americans

2

IT AFFECTS MORE THAN YOUR BACK.

7 in 10 low back pain sufferers* said it affects their daily lives:



3

IT USUALLY GOES AWAY ON ITS OWN.

9 in 10 low back pain cases end within 6 weeks

Try to:

Stay active.

Avoid bed rest (1-2 days at most).

Reduce stress. Stress = more pain.

Try relaxation, deep breathing & meditation.

4

MANY BACK PAIN CASES DON'T REQUIRE:

AN ER VISIT



AN MRI, CT SCAN OR X-RAY



SURGERY



5

YOUR MOTHER WAS RIGHT. STAND UP STRAIGHT!

Proper posture = a healthy back.

Here's a trick:

Imagine a balloon is tied to your head.

It's lifting you up, but your feet stay on the floor.

You'll stand upright, with chest out & shoulders back. Stay relaxed.

6

SEE A DOCTOR ASAP IF YOUR BACK PAIN INCLUDES:

Fever
Bladder control problems
Leg weakness or worsening pain
Numbness of your buttocks and legs
Unrelenting night pain or pain at rest
History of cancer, unexplained weight loss or significant trauma

Talk with your family doctor or spine care provider regarding ways to treat pain and prevent recurrences.

Excellus



National strength.
Local focus.
Individual care.SM

*According to the 2012 American Physical Therapy Association survey, *Low Back Pain: Management and Prevention*.

A nonprofit independent licensee of the Blue Cross Blue Shield Association

Sources:

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