

# Back Pain factsheet

Lower back  
pain

What should  
you do?

Lower back problems are extremely common with over 90% of the population having at least one back pain episode.

Lower back problems start for no obvious reason, which can be very frustrating. Many patients tell us they get ongoing or recurrent painful episodes but by keeping active it can reduce the frequency, duration and intensity of these episodes and leads to a more fulfilling life. Your back problem may cause aching, hot, burning, shooting, or stabbing pains in your back and sometimes into one or both of your legs. You may also get pins and needles.

Pain mechanisms are complex and can be influenced by many factors including emotions, environment and overall health. Keeping active is very important when you have back pain. Doing an activity may actually increase pain at first, but an increase in pain is very unlikely to mean you are causing any harm.

There are 7 golden rules to follow:

1

Keep moving, even if slowly at first

2

Keep living and working normally. This is important and is the best way to get better

However, the spine is strong so these symptoms are rarely due to any damage or serious condition. In fact despite advances in medicine we still cannot pinpoint the source of most back pain.

3

Don't worry if your back still hurts at work, consider doing light tasks at first, speak to your manager about work concerns that you may have

4

Don't sit down for too long, change positions regularly wherever you are

5

Avoid bed rest during the day

Stay  
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Exercis  
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back  
and can  
relieve  
pain,  
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7

fitness  
training.  
Moving  
will  
make  
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keeping  
active is  
the best  
thing  
you can  
do.



Your ability to self-manage  
your back pain should  
improve within  
**6 weeks**  
of following this advice

What  
about  
pain  
relief?

What  
about  
work,  
hobbies  
and  
sport?

Can my  
back  
problem  
cause  
trouble  
anywhere  
else?

It is  
unlikely  
you will  
need x-  
rays or  
MRI scans

- Initially it may be helpful to use a covered icepack to ease your pain - never apply ice directly onto your skin.
- Alternatively heat can be soothing, so a covered hot water bottle may also be used. You should not use heat /ice for more than 15 minutes, three to four times a day. Painkillers may help you keep moving, so
- Sensible use of painkillers such as paracetamol

- Recovery is faster if you can stay at or get back to work as early as possible.
- Don't worry if your back still hurts; consider doing light tasks at first if this helps you get back to work easier and quicker.
- Stay active and remember to keep moving.
- Do normal activities as much as possible and use painkillers as needed.
- With regard to sports, start with light fitness training, and play when you

Sometimes when you get back pain you can also get pain in one or both legs (sciatica). This can cause pins and needles or a shooting, stabbing pain to the legs. This can be very painful but this is common when you have back pain.

### Do I need to see a doctor or a therapist ?

Not usually - if you follow the right advice and take the right medication, your back problem should

If your back symptoms are still interfering with your ability to do normal things after 6 weeks, this is the time to seek further professional advice. If you are registered with a Salford GP, you can now refer yourself to NHS physiotherapy at:



www

w.srft.nhs.uk/go2physio

ol, and  
ibuprofen  
will help,  
not harm  
your back.

- if you are  
already  
taking  
medication  
for  
something  
else or  
have other  
health  
problems,  
check with  
your local  
pharmacist  
before  
taking  
painkillers.
- Only take  
painkillers  
as instruct  
ed on the  
packet.

**What  
should  
you  
watch  
out for?**

feel ready.



improve  
over the  
next 6  
weeks.



**Cauda Equina Syndrome  
warning signs**

If you experience any of the following in conjunction with your back pain, you need to see your GP as soon as possible:

- Generally feeling unwell.
- Back pain that starts when you have other problems, such as rheumatoid arthritis or cancer.
- Numbness, pins and needles or weakness in one or both legs that has not improved after one week.
- Unsteadiness when you walk.
- Your back problem has not improved

Many patients have a combination of back pain, leg pain, leg numbness and weakness. Although these symptoms can be distressing they do not necessarily require medical attention. There is a rare, but serious back condition, Cauda Equina Syndrome, which can lead to permanent damage or disability if not attended to quickly.

- Loss of feeling/pins and needles between your inner thighs or genitals.
- Numbness in or around your back passage or buttocks
- Altered feeling when using toilet paper to wipe yourself
- Increasing difficulty when you try to stop or control your flow of urine.
- Loss of sensation when you try to pass urine.

- Leaking urine or recent need to use pads.
- No knowing when your bladder is full or empty.
- Inability to stop a bowel movement or leaking.
- Loss of feeling when you pass a bowel motion.
- Change in ability to achieve an erection or ejaculate.
- Loss of sensation in genitals during sexual intercourse.



within 6  
weeks.

**So, if you do develop any of the  
symptoms shown above it is  
important to attend the local Emergency Department  
as possible for assessment**