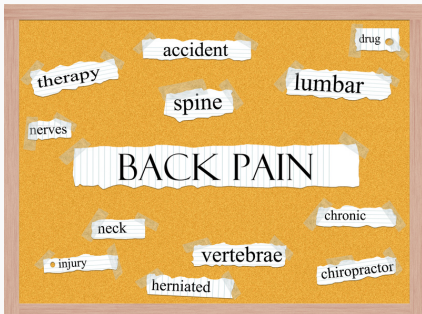


Managing Back Pain

Facts and Guidance



You may be experiencing pain that is sharp, dull, stabbing, aching, burning, numbness, tingling or more! It can interfere with your daily activities; however, you should keep active, keep working, and keep exercising. Your provider will let you know if there are any activities you should avoid.

Facts

- Most people will experience back pain at some point in their lives.
- No two people have the same experience - each instance is unique, just like you are!
- While your pain may be severe right now, please know that most people with an episode of low back pain do not have a serious medical problem, and pain usually goes away within a few weeks.
- In most cases, imaging, surgery, and medication are not necessary, however, you and your provider can determine what is best for you.

YOU are the main determining factor in managing your pain, and your provider can help you do that.



For more information on the power of activity and self-empowerment, visit :

<https://mibac.org/managing-your-back-pain/>



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