

# Lombago

Lower back pain is one of the most common reasons for adults to see their doctor and **most people** will experience it during their lifetime.

Pain can be **moderate** or **severe** and interfere with your life and work causing **anxiety**.

Lower back pain has often **no apparent reason** for the onset of the pain and it resolves most of the time on its own **without any intervention**.

### Should I be worried about my lower back pain ?

Most of lower back pains are not concerning and will go away with time and pain management.

There are only few conditions that need urgent medical attention (for example, a recent fall or injury to your back, an unexplained weight loss, a fever, problems with bowel or bladder control, numbness or weakness in your legs, or medical conditions that may weaken your bones).

### Do I need imaging like an X-Ray or MRI ?

Most people do not need an imaging test. Doctors usually do not order imaging tests unless there are unusual symptoms or signs.

### How do I treat my lower back pain ?

Most of the time the back pain goes away within 4 to 6 weeks.

You can try pain medicines that you can get without a prescription at the pharmacy (such as paracetamol and ibuprofen), which help reduce the pain and the inflammation. If these do not work, doctors can prescribe stronger medications.

Physical therapy can help teach you special exercises and stretches.

It is important to stay active and learn exercises that help strengthen and stretch your back. Do not bend over to lift heavy things. Learn to lift using your legs instead of your back. Avoid sitting or standing in the same position for too long. Make sure you keep your back straight when sitting on a chair.

**Disclaimer:** The information in this publication is not meant to replace the advice of a health professional. If you have any questions about your health please contact a health professional.

**Resources:** UpToDate.com, American Academy of Family Physicians (AAFP)

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