

# Low Back Pain

*The following information is for adults experiencing non-specific low back pain for 6 months or less*



## What is low back pain?

- Activities that can contribute to back pain include lifting, reaching, twisting, sitting for a long time, or doing repetitive work
- Stress, anxiety and poor sleep can also contribute to low back pain

## Will my pain go away?

- The duration of pain can vary from one individual to another. Pain can last a few days, weeks or longer
- Receiving treatment may relieve the pain and help you return to activities you enjoy

## What can I do?

- To help speed up your recovery:
- Participate in your care with your healthcare provider
  - Continue day-to-day activities even if you experience some pain (within reason)

## Potential treatment options to discuss with your healthcare provider

- Manipulation<sup>a b</sup> or mobilization<sup>b</sup>
- Strengthening and stretching exercises<sup>b</sup> ([click here for examples](#))
- Massage<sup>b</sup>
- Acupuncture<sup>b</sup>
- Talk therapy<sup>b</sup>
- Medications<sup>a b</sup>

## Contact your healthcare provider if you experience any of the following

- Unexplained deformity, swelling or redness of the skin
- Weakness not due to pain
- Fever/chills/feeling ill
- Trouble breathing
- Inability to perform movements
- Pain at rest
- Sudden weight loss or loss of appetite

\*Non-specific low back pain is defined as low back pain not caused by specific pathologies (e.g., fracture, dislocation, tumor, infection or systemic disease).

<sup>a</sup>Back pain ≤ 3 months duration | <sup>b</sup>Back pain > 3 months duration

Information based on: Côté P, Shearer HM, Ameis A, et al. Enabling recovery from common traffic injuries: a focus on the injured person. UOIT-CMCC Centre for Disability Prevention and Rehabilitation. 2015 and Bussi eres AE, Stewart G, Al-Zoubi F. et al. Spinal manipulative therapy and other conservative treatments for low back pain: a guideline from the Canadian Chiropractic Guideline Initiative. J Manipulative Physiol Ther. 2018;1-29.