

# LOWER BACK PAIN REMEDIES

## Quick Reference Guide

### Common back pain myths

#### An imaging test will help you feel better faster. MYTH

Imaging tests like X-rays, CT scans and MRIs don't actually help you get better faster. They can also lead to unnecessary treatments, surgery and out-of-pocket costs.

#### Bed rest is the best way to recover from back pain. MYTH

If you're in a lot of pain, lying down can help reduce the load on your spine and provide relief. But staying in bed for longer than two days can actually lead to a slower recovery.



### Most back pain can be treated at home

Did you know about 90% of back pain episodes resolve themselves within 6 weeks? So, before you head off to the doctor or urgent care center for an X-ray or a prescription, consider the other treatments suggested in this guide first.



#### Ice & heat

Ice for 20 minutes at a time, several times a day—after 48 hours, switch to the same interval with a heating pad.



#### Go OTC

Take the recommended amount of an over-the-counter anti-inflammatory medicine, such as ibuprofen or naproxen.



#### Get hands on

Physical therapy or a visit to a chiropractor can help relieve stiff muscles and treat lower back pain.



#### Swap your shoes

Back pain often starts from the ground up, so make sure your shoes are the right fit.



#### Ditch your mattress

If it's more than 8 years old, sagging springs could cause lower back pain.



#### Load up on nutrients

A healthy diet that includes nutrients like calcium, vitamin D, magnesium and iron can have a major impact on preventing back problems and improving recovery.

## Keep moving

Exercise and stretching programs can help reduce pain, strengthen the back and increase your flexibility. Spend just a few minutes per day doing the stretches below to promote a healthier, more limber back.



### Low Back Cobra

Lie on your stomach with your legs extended, put your feet together and squeeze your glutes. Place your hands flat on the floor next to your chest, then lift your chest up, stretching and straightening your arms. Pull your shoulders all the way back. Take a deep breath and hold for 20 seconds, repeating 1 more time.



### Back Flexion Stretch

Lie on your back and bend your knees up with your feet flat on the ground. Slowly bring both knees up to your chest and gently hold your knees with your hands. Hold this position for 3 seconds, repeating the movement 10 times.



### Knee to Chest Stretch

Lie on your back with both knees bent and both heels on the floor. Then place both hands behind one knee and pull it toward your chest.



### Kneeling Lunge Stretch

Start on both knees, then move one leg forward so your foot is flat on the ground, keeping your weight evenly distributed through both hips. Place both hands on the top of your thigh and then gently lean your body forward to feel a stretch in the front of the down leg.



## When to See a Doctor

Talk to your doctor if you have back pain with any of the following symptoms:

- **Weight loss that you cannot explain**
- **Fever over 102°F**
- **Loss of control of your bowel or bladder**
- **A history of cancer**
- **Loss of feeling or strength and any numbness or tingling sensation in your legs**
- **Problems with your reflexes**

For more healthy back tips, stay connected to [fepblue](#) or call the Nurse Line at **1-888-258-3432**.



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