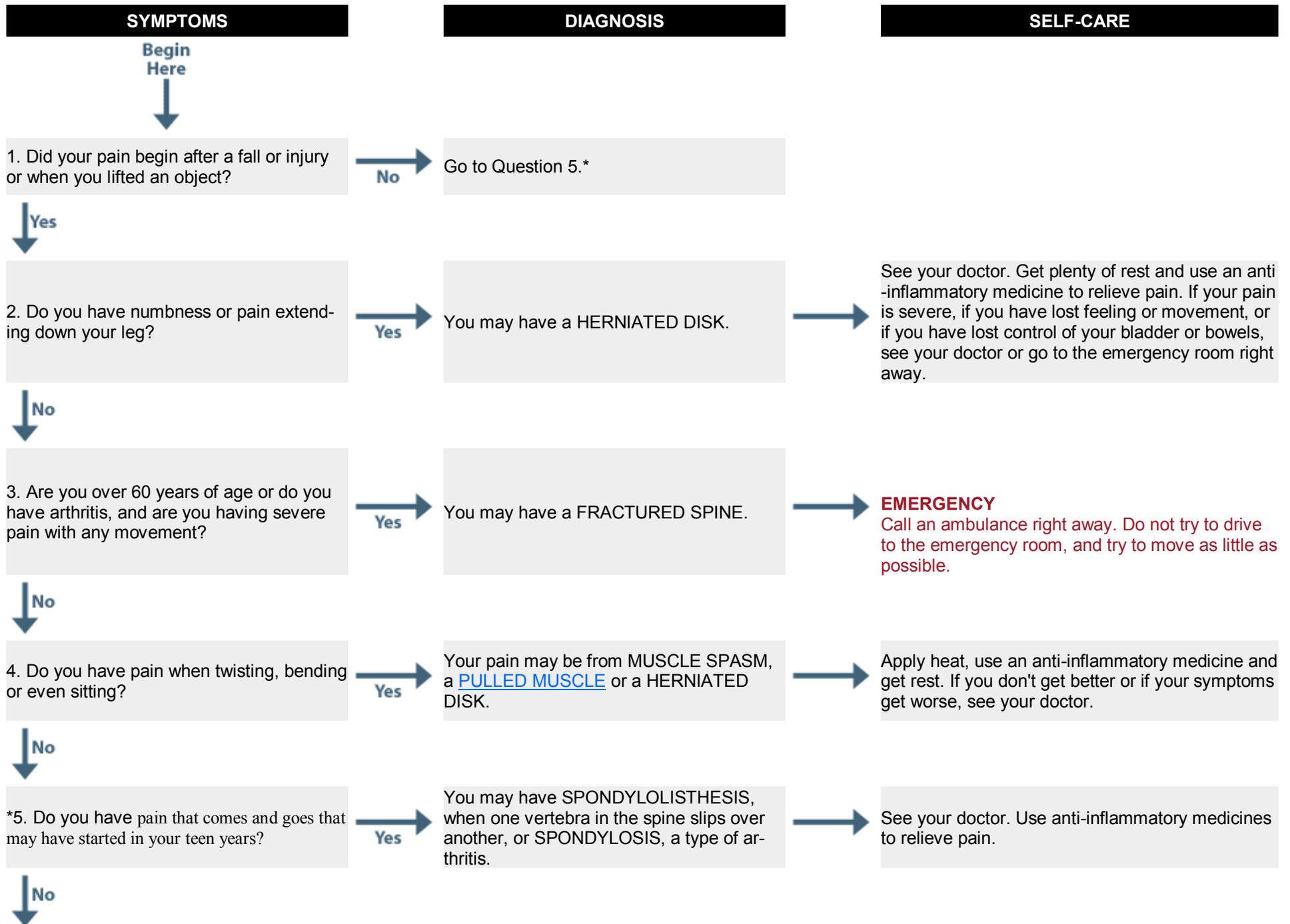


# Lower Back Pain

Back pain is a common problem often caused by overusing or misusing the muscles of the back. Some causes and treatment of back pain are described in this chart.



6. Do you have a fever?



Go to Question 8.\*\*



7. Do you have blood in your urine and one-sided back pain along with burning during urination?



You may have a kidney infection such as **PYELONEPHRITIS**. You may also have **KIDNEY STONES**, which can start a kidney infection and may cause pain, blood and painful urination without a fever.



**URGENT**  
See your doctor right away.



You may have a viral illness such as the **FLU**.



Use analgesics such as acetaminophen to reduce fever and use over-the-counter cold medicines to treat other symptoms. See your doctor if your symptoms don't improve or if they get worse.

\*\*8. Is your back stiff and sore in the morning and are other joints stiff, sore, swollen or red?



You may have **ANKYLOSING SPONDYLITIS**, a form of arthritis that affects the spine. Other forms of **ARTHRITIS** can also cause back pain.



Use an anti-inflammatory medicine and apply heat to the affected area. If you do not improve, or if your pain is severe or gets worse, see your doctor.



9. Are you pregnant?



**PREGNANCY** causes stretching of the ligaments around the uterus and pressure on the lower back.



Apply mild heat to the back only. See your doctor if the pain continues or if fever or bleeding accompanies the pain.



10. Is the pain centered in the lower spine and do you have pain down your leg?



You may have a **HERNIATED DISK** or **SPINAL STENOSIS**.



See your doctor. Get plenty of rest and use an anti-inflammatory medicine to relieve pain. If your pain is severe, if you have lost feeling or movement, or if you have lost control of your bladder or bowels, see your doctor or go to the emergency room right away.



For more information, please talk to your doctor. If you think the problem is serious, call your doctor right away.