
Patient Information

Back Pain The First 24 Hours

Your Clinic Name

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Your City, State ZIP

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Your Logo

Back Pain – The First 24 Hours

Your back hurts and you want it to feel better. What you do during the first few days after you hurt your back is critical.

This booklet will tell you a little about back pain, what you can expect, different treatments, and what you can do to speed up the healing process.

What Did I Injure?

Over 95% of people who hurt their backs injure what's called "soft tissue" which includes:

- Muscles – the type of tissue most often injured
- Tendons – the tissue that attaches muscles to bones
- Ligaments – the tissue that attaches bones to bones

Rarely does someone injure a disk or nerve.

How Did I Hurt My Back?

Most back pain occurs from twisting, bending, or lifting improperly which injures the soft tissue. If you fell or were hit by something heavy, you may have also injured a bone.

What About A Disk Injury?

It's exceedingly rare for someone to injure a disk. Except in rare circumstances, there is no special treatment for an injured disk. The initial treatment is the same as for a soft tissue injury.

What Should I Do For My Back?

There are a few simple rules for the treatment of back pain.

1. **Keep Moving!** Studies have shown that each day of bed rest delays the healing of back pain by three days. Most people find walking the most comfortable position, sitting the worst, and laying in between. Don't overdo, but do keep active.
2. Most people find ice to the back helps. Don't apply ice directly on your skin. Wrap it with a thin towel or pillow case. Apply the ice for 15-20 minutes every two to three hours while awake.
3. Take the medicine your doctor has prescribed.
4. Remember that any pain you feel doesn't mean you are causing any more damage.

5. Expect your back to hurt worse when you first get up in the morning or after periods of not moving. This is normal!

Changes To Watch For

Call us if you experience any of the following:

1. Sudden numbness, tingling, weakness, or pain in your legs
2. Difficulty urinating (peeing)
3. Any other serious changes in your symptoms.

Additional Questions

Your doctor or pharmacist can answer any of your questions about the medications you are taking. Don't hesitate to call.

Final Thoughts

All of us want to help you recover from your injury as quickly as possible. We want you to understand your injury, our treatments, the medicines we prescribe, and the steps you can take to help the healing process.

Please call us if you have any questions about any aspect of your treatment.