

# Back Pain

## Information for patients

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You attended the emergency department today with a problem in your back.

Following examination of your back, the clinician has recommended:

- you should use painkillers regularly, as prescribed.
- rest in any position you find comfortable.
- stay active, and continue gentle exercise.

Try to return to normal activity as soon as possible. The pain should be self-limiting.

If you have further problems, including pain or numbness down one leg which extends to your foot or toes, you should see your GP.

You should return to the Emergency Department immediately if you develop any bladder or bowel problems, or numbness in the anal area.