

Children's Emergency Department

Back pain - parent/carer discharge information



Back pain is a condition which may last for a long time and return throughout one's life. It is important to return to normal function as soon as possible, while the injury heals, without waiting for pain to fully disappear.

Do not 'rest in bed'. Movement and exercise will combat stiffness and pain relief may be required in order to make this possible.

It is unusual for an X-ray to be required in the Emergency Department.

What should my child do now?

- Speak to your GP about how to reach or maintain an appropriate weight.
- Keep fit and supple appropriate forms of exercise and this will strengthen muscles and support your child's spine.
- When lifting, your child should keep their back straight by bending at the knees, not at the waist.
- Any objects your child carries should be held against their body, not out in front of them.
- When standing, your child should tuck in their bottom and abdomen. Standing is better than sitting. They may rest by leaning back slightly (but not sideways) against a wall.
- Sit on chairs with straight back-rests to support their back. Avoid couches, soft seats, and swivel chairs. If possible, select a chair with arm rests.
- Ensure any surface they work on is at hip level, so they do not bend over.



Patient Information

- Sleep on a bed with a firm base, not on the floor, from where it is difficult to get up. Do not sleep on their stomach. They should get out of bed by rolling on to one side, bending the knees and then swinging both legs together over the edge of the bed while pushing up on their elbows.

Retain this information for future reference

What medication can I give to my child/adolescent?

Paracetamol and or Ibuprofen (if applicable) to be given for pain

Paracetamol 4-6 hourly last given at.....

Ibuprofen 6-8 hourly last given at.....

Return to school/activity

You will need to inform the school/college that your child has sustained a back injury and they will need to refrain from certain activities to rest their back to ensure complete recovery.

When to seek medical advice:

- You notice any tingling, numbness, or muscle weakness in your child's limbs
- Your child develops difficulties in passing urine or stool

For further advice/information:

- Call NHS 111 (24 hours a day)
- Contact your GP

The Trust has access to interpreting and translation services. If you need this information in another language or format, contact 024 7696 6934 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet, email feedback@uhcw.nhs.uk

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