

Emergency Department

Back pain

What does this mean?

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 movements as soon as possible whilst the injury heals, without waiting for pain to fully disappear.

Do not "rest in bed". Movement and exercise will fight 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 I do now?

- Speak to your GP about how to reach or keep to a healthy weight;
- Keep fit. Swimming is ideal, but other forms of exercise are also useful and will strengthen muscles which support your spine;
- When lifting, keep your back straight by bending at the knees, not at the waist;
- Hold any objects you carry against your body, not out in front of you;
- When standing, tuck in your bottom and abdomen. Standing is better than sitting. You may rest by leaning back slightly (but not sideways) against a wall;
- Sit on chairs with straight back-rests to support your back. Avoid couches, soft seats and swivel chairs. If possible, select a chair with arm rests;
- Ensure any surface you work on is at hip level, so you do not bend over;
- Sleep on a bed with a firm base, not on the floor, from where it is difficult to get up. Do not sleep on your stomach. 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 your elbow;



Patient Information

- Use any pain relief as advised;
- Keep this information for future reference.

Contact your GP or nearest Emergency Department if:

- You notice any tingling, numbness or muscle weakness in your limbs
- You start having difficulties doing a wee or poo

For further advice/information:

- Call NHS 111
- Contact your GP

Finally, before you leave, please speak to a member of staff if:

- You think you need more advice or treatment for any pain or symptoms
- You need further advice about medications or instructions you have received
- You have any other emergency issues which still need to be looked into

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 02476966200 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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

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