

Back Injury

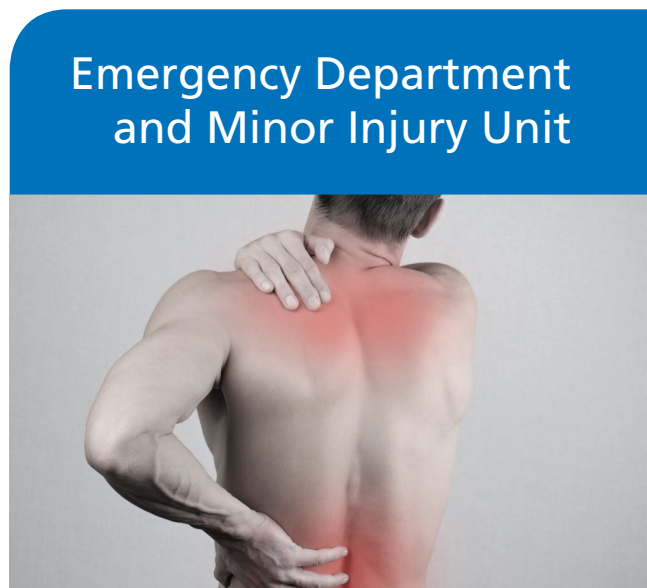
Patient information

You have been given this information leaflet because you have been diagnosed with back injury.

Back pain is a common problem that affects most people at some point in their life.

It may be triggered by bad posture while sitting or standing, bending awkwardly, or lifting incorrectly. It is not generally caused by a serious condition, most cases of back pain get better on their own within a few weeks.

Most cases are simple sprains and strains. Sometimes, back pain can be caused by conditions such as a slipped disc. This may lead to pain, numbness and tingling that travels down one leg.



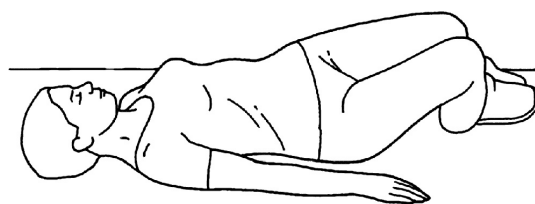
Emergency Department
and Minor Injury Unit

Treating a Back Injury

Initially, back pain is usually treated with over-the-counter painkillers and home treatments. People who remain active are likely to recover quicker. Try to move around as soon as you can, and aim to do a little more each day.

The following exercises may help:

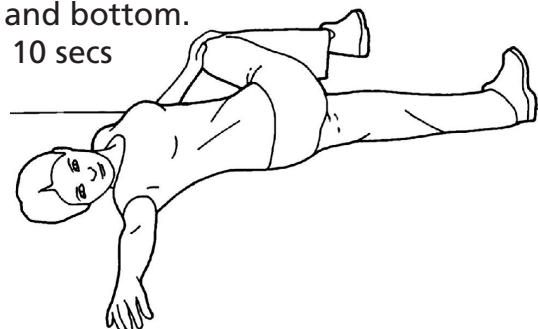
- Lying on your back with knees together and bent. Slowly roll your knees from side to side keeping your upper trunk still.



- Lying on your back with knees bent and arms by your side. Tighten your stomach muscles and press the small of your back against the floor letting your bottom rise. Hold for 5 secs then relax.



- Lying on your back with one leg bent. Bring your bent knee over the other leg and push your knee against the floor with the opposite hand. Then reach with the other arm to the opposite side looking in the same direction. You will feel the stretching in your lower back and bottom. Hold for approx. 10 secs then relax.



Recovering from a Back Injury

Your pain should ease within a 4-6 week period. You should make an appointment to see your General Practitioner if it has not settled within this time.

You should seek urgent medical help if you have back pain and:

- a high temperature (fever)
- a loss of bladder or bowel control, or an inability to pass urine
- unexplained weight loss
- numbness around your genitals, buttocks or back passage

Treating Pain

If needed, painkiller options include the following:

Paracetamol is usually recommended for painful sprains or strains.

Non-steroidal anti-inflammatory drugs (NSAIDs) relieve pain and may also limit inflammation and swelling. You can buy some types (eg, ibuprofen) at pharmacies, without a prescription either topically as a cream, or as tablets. You should check the medication advice leaflet to ensure you are safe to take these i.e some patients with asthma or stomach ulcers may not be able to.

If this does not help, you may need an additional stronger painkiller – such as codeine – you should discuss this with your pharmacist or GP.

Further Information

For further advice and information about your condition:

Please choose from the following:

- 'NHS Patient Choices' website: www.nhs.uk
- 'Making Lives Better' patient website: www.patient.info
- Telephone NHS 111
- Contact your General Practitioner

Contact details:

- The James Cook University Hospital: 01642 850850
Marton Road, Middlesbrough, TS4 3BW
 - The Friarage: 01609 779911
Northallerton, North Yorkshire, DL6 1JG
- Redcar Primary Care Hospital: 01642 511000
West Dyke Road, Redcar, TS10 4NW

Author: Emergency Department and Minor Injury Unit

**The James Cook University Hospital, Marton Road, Middlesbrough, TS4 3BW.
Switchboard: 01642 850850**

Version 1, Issue Date: October 2018, Revision Date: October 2020