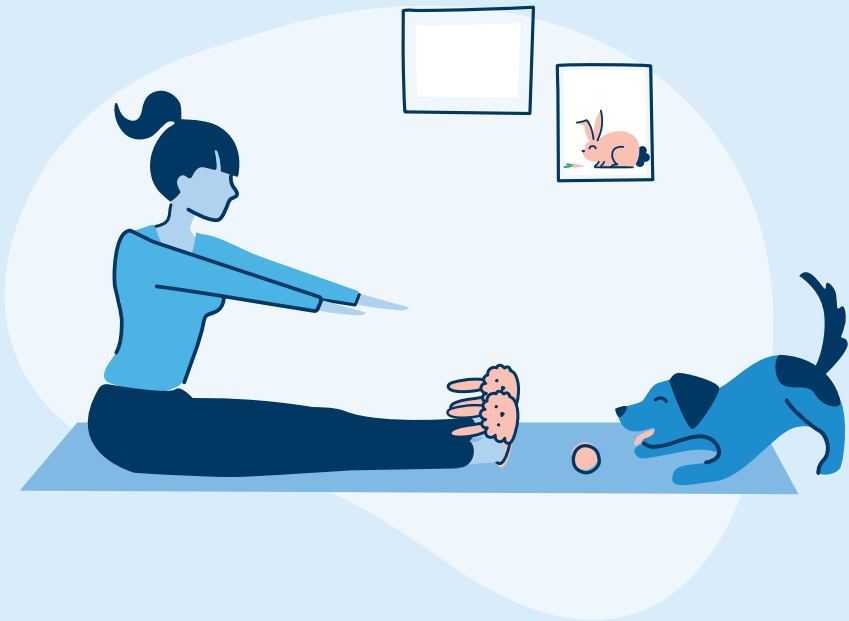


# Say “Hello” to Some Solutions to Low Back Pain.

Managing your low back pain is  
easier than you think. Here’s how.



# If you've been experiencing pain for less than three weeks:

## Rest up:

No, you shouldn't stay in bed all day — but you should definitely take it easy.

## Heat or ice:

Use whichever feels better for you.

## Sit up straight:

Do what grandma always told you — practice good posture.

## Stretch it out:

Try some gentle, simple exercises and stretches.

## Pain relievers:

Consider using over-the-counter pain relievers (but talk to your doctor first).

## When do I need medical attention?

It's important that you schedule an appointment with your doctor if you've been in pain for more than three weeks. If you are experiencing any of the following symptoms, you should seek emergency care **ASAP**:



- Pain shooting down the leg
- Fever
- Digestive or urinary issues
- Excessive drug or alcohol use
- A history of cancer, osteoporosis, or steroid use

For more helpful tips on how  
to treat low back pain, visit  
[wehaveyourbackbcbswv.com](http://wehaveyourbackbcbswv.com)  
or scan the QR code.



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