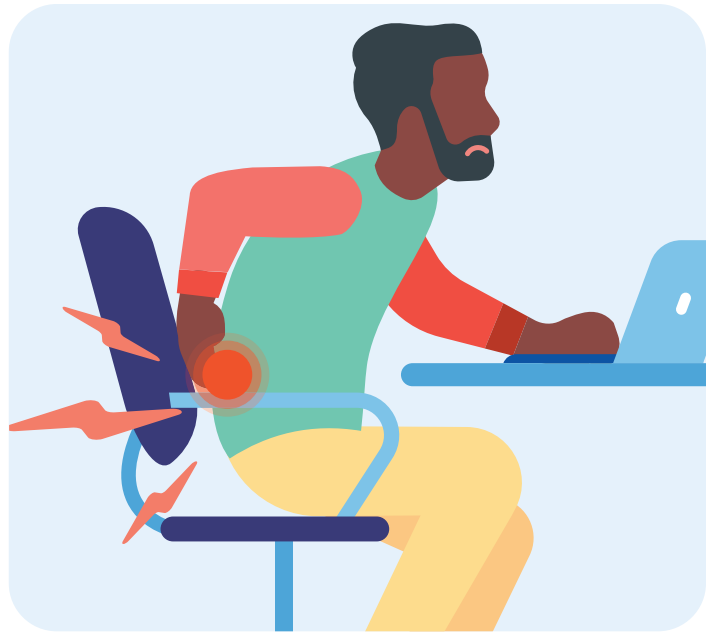


Back Pain

EMERGENCY: CALL **911** IF

- You have trouble holding in stool or urine.
- You have chest pain or stomach pain.



When to seek **professional** help

- You have weakness in the legs.
- You have a fever.
- Your back pain is the result of a fall or an accident.
- The pain worsens or does not get better after 6 weeks.
- It is the first time you have severe back pain and you are over the age of 50.

How to get help

- 24/7, dial **811**
- Consult a physiotherapist, a massage therapist or a certified osteopath
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811** *option 3*
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on sante.quebec

Back pain can be very intense and can shoot down the leg.

What to do at home



Ice: Ice the area for 10 minutes, 4 times a day. Wrap the ice in a thin towel to avoid burning the skin.



Medication: Ask your pharmacist to advise you on which medication is best for you: acetaminophen (Tylenol®), ibuprofen (Advil®) or a muscle relaxant.



Exercise: Gradually return to your normal activities and avoid sudden movements.