

What is it?

Back pain is the term for pain felt in the spine or back. It can be mild or severe. Back pain is common. It affects around 80% of people around the country at some point. Common causes of back pain include poor posture, heavy lifting, sitting down for too long and sleeping in an awkward way. In some cases, you may not be able to find the direct cause of your back pain. But there are many treatment options to help relieve back pain symptoms.

What will my GP do now?

Your GP may assess your symptoms, try to find the cause of your pain and create a treatment plan. They may also give you tips and tools to help stop your back pain from getting worse (see [Chronic Pain](#)).

The treatment depends on the cause of the back pain. Your GP may also help you if you have any fear or stress about the pain.

What will my GP do in the future?

Your GP may check on your pain, symptoms and treatments in future. If your pain doesn't go away, your GP can refer you to a physiotherapist who can help develop an exercise program for you. Exercise programs are an important part of easing your pain and maintaining your day to day function

What questions could I ask my doctor?

- What are the possible causes of my pain?*
- Is there any medication that can help?*
- What treatments are available?*



What can I do?

You may be able to improve your back pain by changing your lifestyle habits. Maintain good posture, take screen breaks to walk around and work out every day. Stretching daily can help improve back pain.

Keeping to a healthy weight is key for good health and wellbeing. Pain relief medication can help you manage severe symptoms.

Follow your GP's advice. If your pain doesn't improve, see your GP.

What supports are available?

If your back pain is not getting better or is getting worse, your GP can refer you to a private pain specialist. Ask your GP about the options.

Where can I learn more?

- **DocMikeEvans** – Low Back Pain video: [youtube.com](https://www.youtube.com)
- **Emergency Care Institute** – Acute Low Back Pain: aci.health.nsw.gov.au
- **NSW Agency for Clinical Innovation** – Best Practice Care for People with Low Back Pain aci.health.nsw.gov.au