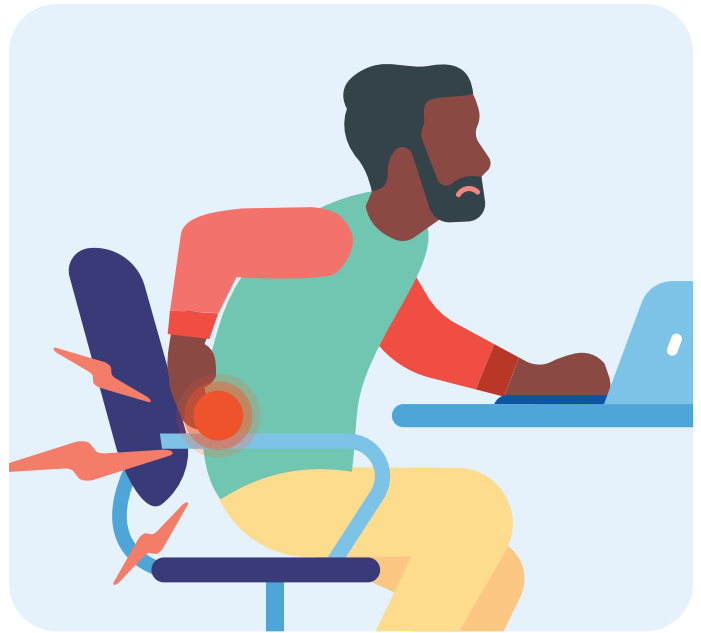


# Back Pain

**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 (over 38.1 °C).
- Your back pain is the result of a fall or an accident.
- The pain worsens or doesn't get better after 6 weeks.
- It's the first time you have severe back pain and you are over the age of 50.

## How to get help

- 24/7, dial **811** to speak to a nurse
- Consult a physiotherapist, a massage therapist or a certified osteopath
- Call your pharmacist
- Call your CLSC
- 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](https://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.

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

## What to do at home



**Ice:** Ice the area for 10-15 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 resume your activities.