

Back pain is very common - almost everyone gets it at some point in life.

Back Care

See a doctor if you have:

- Severe pain, with no improvement with rest
- Pain after a fall or accident
- Loss of bladder or bowel control
- Weakness, numbness or tingling in one or both legs
- Fever
- Unwanted weight loss
- Pain worsening at night

This poster has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the poster, please consult your medical professional.

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Back Care Key Message A4 Poster – v1

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