


Does your lower back hurt?  
You probably don't  
need an MRI,  
CT scan, or X-ray.



## Here's why:

- They won't help you feel better any faster.
- They have risks, including exposure to radiation.
- They aren't cheap.

**What can you do to feel better? Five easy ideas are on the other side.**



**Most people can get over  
lower-back pain in a few weeks  
by trying these steps:**

- 1 Stay active and walk.**
- 2 Use heat.**
- 3 Take non-prescription pain relievers like Advil® or Aleve®.**
- 4 Sleep on your side or your back, with a pillow between or under your knees.**
- 5 Ask your doctor about acupuncture, massage, physical therapy, gentle exercise such as tai chi and yoga, or relaxation exercises.**

There are still times when you might need an imaging test. Talk to your doctor about your symptoms to find out if you need imaging tests – or if you can wait to see if you just get better with time.

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With thanks to the American Academy of Family Physicians

**Learn more at**

**[www.ConsumerHealthChoices.org/BackPain](http://www.ConsumerHealthChoices.org/BackPain)**

This information is to use when talking with your healthcare provider. It is not a substitute for medical advice and treatment. Use this information at your own risk.

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