

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.

CR ConsumerReports™

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An initiative of the ABIM Foundation

With thanks to the American Academy of Family Physicians

Learn more at

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.