

DrSonia Patient Handout
Back pain self-management

Most back pain improves with movement and time.

What helps

- Stay active with gentle walking or stretching.
- Use heat or cold for comfort.
- Avoid prolonged bed rest.

Seek urgent care if

- New weakness, numbness, or loss of bladder control.
- Fever, weight loss, or severe night pain.

Source: HealthLinkBC

Educational use only; not medical advice.