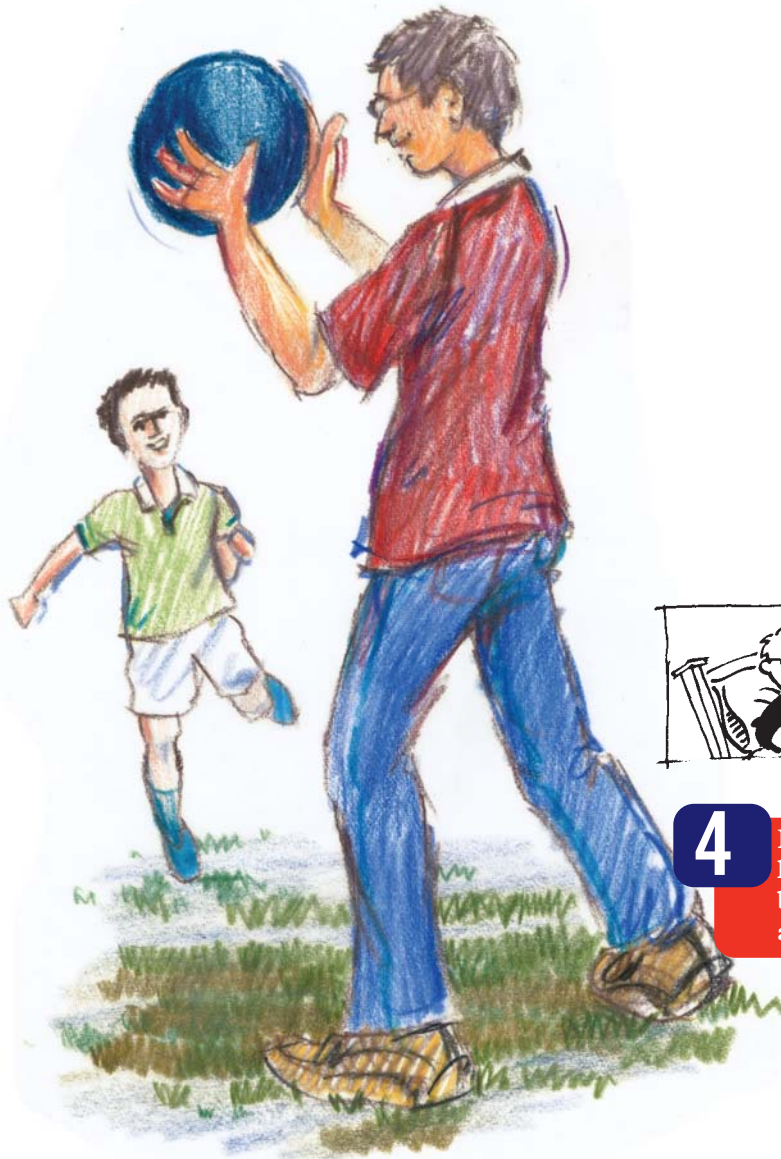


BACK PAIN

THE FACTS



1 Back pain is so common that it could almost be described as a normal occurrence

2 Back pain, though sometimes severe and recurrent is rarely serious; recovery in days to weeks is usual



3 Bed rest is not good for back pain

4 Remaining active and getting on with your life, as best you can, in spite of the pain, is better than resting and avoiding normal activities

5 Remaining at work, or returning to work as soon as possible, in spite of persisting pain, is better than staying off work



6 The longer a person with back pain is off work, the lower the chances of ever returning to work



Subject to the requirements of your job, your employer may be able to afford you job modifications or restrictions for a *limited period* to help you recover and stay at work or return to work early.

Consult your Doctor if any of the following applies to you:

- under 20 or over 55 years old when the pain starts
- there is no improvement
- unexplained weight loss or fever
- pain, pins and needles or numbness in your leg
- history of cancer, HIV or long duration use of steroids
- pain between your shoulder blades
- problems passing urine
- numbness in your saddle area
- problems with your balance