

## 5 Ways to be Smart About Back Pain

- 1 Stay active and walk.**
- 2 Use heat.**
- 3 Sleep on your side or your back, with a pillow between or under your knees.**
- 4 Take non-prescription pain relievers.**
- 5 Try hands-on care, like physical therapy, yoga or acupuncture.**

### Don't rush to MRIs, CT scans or X-rays.

They have risks, cost a lot, and usually won't help you feel better faster. You'll only need one of these tests if your pain lasts more than a few weeks or you have certain symptoms. Talk to your doctor to find out if you need one — or if you can just wait to see if you get better with time.

Learn more at  
[www.choosingwisely.org/patient-resources](http://www.choosingwisely.org/patient-resources)

*With thanks to the American Academy of Family Physicians*

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.

