

Prescription for Acute Low Back Pain

Prescription for: _____

Date: _____

Try to maintain your daily activity as close to normal as possible.

Help control your pain with _____

Speak to your employer about modifying your work hours or duties.

If you are not feeling better in _____ weeks, come back to my office.

Please remember:

- There's no indication that you need treatment or x-rays – the pain is most likely from muscles and ligaments and will settle.
- Most people get better in a few weeks.
- The best thing you can do to hasten your recovery is to avoid bed rest and stay active.

Remember, hurt does not mean harm.

- Getting back to work, even for limited hours or with different duties can help you ***stay active and recover faster.***

