When to Get Help

Your back is an integral part of everyday movement, providing strength, flexibility, and stability for the entire body. Keeping your back healthy means knowing when to get help for an injury.

Minor back injuries can be self-treated with rest; over-the-counter anti-inflammatory medication for pain; the use of ice for the first 48 hours, followed by heat; and exercises to build the core muscles of the stomach and lower back.

However, Dr. El-Kadi recommends that you seek prompt medical attention if you experience any of the following after sustaining a back injury:

• Any neurologic symptoms such as numbness, weakness, or searing pain down the leg
• Bowel or bladder problems
• Pain that gets progressively worse
• Pain at night or at rest
• Longer-than-usual recovery time

For more information about the Spine Center at UPMC Passavant, or to make an appointment, call 1-877-967-2225, or visit www.UPMC.com/Passavant.