

# Patient information from BMJ

Last published: Aug 06, 2021

## Back pain: questions to ask your doctor

**If you've got back pain, you may want to talk to your doctor to find out more.**

Here are some questions that you might want to ask:

- Do you know what's causing my back pain?
- Do I need to have any tests?
- What treatment do I need?
- What should I do if the treatment doesn't make me feel better?
- Do I need to stay in bed or rest, or can I do my usual activities?
- Can I carry on going to work?
- How long will it take for me to get better?
- What else can I do to make my back feel better?
- Are there any exercises that can make my back stronger?
- Which sport or exercises should I avoid, and which ones might be helpful?
- Are there any alternative or complementary therapies that might help?
- What can I do to avoid getting a backache again?
- Is it all right for me to drive?

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at [bestpractice.bmj.com](https://bestpractice.bmj.com). This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: [bmj.com/company/legal-information](https://bmj.com/company/legal-information). BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2024. All rights reserved.

## Back pain: questions to ask your doctor

### What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.



**BMJ** Group