

Patient information from BMJ

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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 and rest, or can I do my usual activities?
- Can I still go 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 sports 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?

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