Symptoms
Tell us if you feel weak or numb, can’t control your bowels or bladder, or have fevers.

Medical History
We will ask you about any past medical issues including infections, weakened bones, or cancer.

Exam
• Your care team will do a physical exam to check for any signs of damage to nerves or bones.
• Imaging tests like MRI* or X-rays are usually not needed to check out back pain.

Treatment Plan
• Most back pain, whatever the cause, gets better with physical therapy (PT).
• Treatments like heat, ice, and anti-inflammatory medicine can also help.
• If you do not improve after a standard course of PT, your care team will recheck you.

*MRI means magnetic resonance imaging, which takes pictures of the inside of your body

When is an MRI Scan Most Helpful for Back Pain?

• MRI means magnetic resonance imaging, which takes pictures of the inside of your body
• An MRI is not a standard test for finding the cause of low back pain.
• A complete exam that includes questions about your medical history is enough to diagnose and treat most low back pain.
• An MRI is best used when your doctor suspects a specific problem. That’s something other than the muscle strain that causes most low back pain.