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IS YOUR BACK PAIN SERIOUS?

Did your pain come on following a severe trauma e.g. fall down the stairs?

Do you have severe pain going into both of your legs

Do you experience

- loss of your bowel or bladder control
- altered sensation such as numbness or tingling in the saddle area (genitals or buttocks)
- difficulty urinating.

If you have ticked any of these boxes then you need to seek *immediate* medical attention. Your back pain could be due to something more serious and may need further tests to find out.

Call 111 or go to A&E

Is your back pain accompanied by high fever or temperature or did it come on following a severe illness?

Does your pain wake you up at night and mean you are unable to get back to sleep?

Is your pain is constant and not eased by rest or related to physical activity?

Do you have or have previously had cancer such as prostate, breast, kidney or liver cancer.

If you have ticked any of these boxes then it is possible your back pain could be due to something that may need medical attention and so you should make an appointment to see your GP.