

# Title

This is a story of back pain.

The back is built with bones, nerves, and muscles.

Your back supports and moves you.

On most days, it's strong and flexible, but sometimes it can twist or turn in a way that causes pain.

The fast slow down.

The strong get weak.

The caring can't care.

How do backs get hurt?

Well, sometimes it just happens like this.

Just sitting there.

Reaching for something just out of reach.

Your work is just the same thing every day.

Or just doing something you enjoy.

Back pain can just be weird.

You can't see it.

But you can feel it.

And the pain can make it feel like something is very wrong.

But most of the time the pain— even severe pain—does not mean the cause is serious.

You know yourself best.

If you're worried that something else is going on, call your doctor.

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Some things to watch for and to call about include: the pain is getting worse over time, the pain is from something like a car wreck or a fall, or if you have a fever.

So whether this is the first time or it's the "not this again" time that you've had back pain, it can help to remember that time heals.

And that can mean weeks or even longer.

But it does get better.

In the meantime, try to keep moving as you normally would.

The evidence shows that moving helps.

And it can help you feel better sooner.

While your body heals, try using heat or ice.

You can also take an over-the-counter medicine.

Nonsteroidal anti-inflammatory drugs (NSAIDs) seem to work best for back pain.

Ibuprofen and naproxen are two examples of NSAIDs.

And if you can't take NSAIDs, you can try acetaminophen instead.

Time.

Movement.

Heat or ice.

And over-the-counter medicines.

Helpful characters in telling a better back story.