



WHY WOULDN'T I GET AN X-RAY FOR MY LOW BACK PAIN?

While it can be very painful, acute low back pain isn't usually due to any serious spinal injury, disease or damage. For most people an x-ray or scan is unlikely to help identify the cause of your pain, change your treatment or speed up the recovery. Your doctor or health professional will assess if you need a scan and work out a plan to help you manage your pain.

Stay active • Take over-the-counter pain relievers • Visit nps.org.au/managingpain to learn more