

Use of Imaging Studies for Low Back Pain (LBP)



NCQA reports that almost three-quarters of American adults will encounter low back pain at some point in their lives. Within a three-month period, nearly a quarter of them will endure at least one day of pain. Individuals suffering from severe low back pain will see progress over the first two weeks. In cases where no underlying condition is suspected, avoiding imaging can relieve unneeded risks like radiation exposure and help lower healthcare costs.

Did you know?

- X-rays, MRIs, and CT scans can help figure out how big a problem is.
- You should try to avoid taking too many scans of the back for minor pain. They can give patients extra radiation, lead to invasive tests, and sometimes result in infections.
- Usually, back pain gets better in about a month, and people can manage the pain with simple techniques.

Self-help techniques:

- Talk to your doctor.
- Avoid bed rest, lifting heavy things, turning, and bending.
- Use heat and ice.
- Use non-narcotic pain relievers.
- Be active.
- Avoid opioids to treat normal or low back pain.
- If approved by your doctor, light walking, and therapies such as massage, chiropractic, and/or physical therapy.



Sources:
nih.gov
iha.org