

## **Back pain**

Use over the counter ibuprofen and lidocaine rubs. A short course of spinal manipulation may be helpful. Physical therapy and gentle stretching exercise or swimming may be helpful. Acupuncture may be helpful. Massage can be beneficial. Heat therapy may help reduce pain. Do not stay in bed. Continue Motrin and Tylenol per bottle instructions. Continue muscle relaxers and your morphine but do not drive or be in high or dangerous places while taking it. Follow up with your doctor tomorrow. Take your blood pressure medication as prescribed and do not skip. Return any new or worsening symptoms