Before you see a chiropractor for lower back pain

Use these steps from the article to prepare for a chiropractor visit and to spot symptoms that need a doctor first.

- [ ] Get emergency care for numbness in both legs, loss of bladder or bowel control, or numbness around the genitals.
- [ ] See a doctor first when back pain comes with fever, unexplained weight loss, or a lump or swelling in the back.
- [ ] Tell the chiropractor about every health condition and medicine, including osteoporosis and arthritis.
- [ ] Ask at the first visit how many visits the plan includes and how progress will be checked.
- [ ] Expect mild soreness or stiffness that usually goes away within 24 hours.
- [ ] Stay active and keep up daily activities instead of staying in bed for long periods.
- [ ] Use a heat pack for stiffness and muscle spasms, or a wrapped ice pack for pain and swelling.
- [ ] Discuss the risks and benefits with a healthcare provider before spinal manipulation during pregnancy.
- [ ] See a healthcare provider when morning back pain occurs on most mornings for 2 or 3 months.

Notes

For general education only. Not a substitute for professional medical advice.