



**Ask your  
health care provider  
about this free video**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

## Acute Low Back Pain

Managing your pain through self-care

**For those with recent** onset of low back pain, possibly including pain in the buttock or upper thigh, this video provides information on the causes of low back pain; when you should see a doctor; what you can do to relieve pain; and exercises that may help.