

## Acknowledgement to the Patient Publications Service, University Hospitals of Derby and Burton NHS Foundation Trust, for original text.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net). This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS

### Backache

### Emergency Department

#### King's Mill Hospital

Mansfield Road  
Sutton in Ashfield  
Notts NG17 4JL  
Telephone: 01623 622515, extension 2789

#### Newark Hospital

Boundary Road  
Newark  
Notts NG24 4DE  
Telephone: 01636 681681

## Relax

Back pain is very common and usually doesn't have a serious cause. Relax knowing that 80% of patients get better in around four to six weeks.

## Recover

Use regular painkillers, starting with simple paracetamol. Regular exercise helps too.

## Return

Return to work and normal activity as soon as you can.

## Warning signs

Rarely back pain means a more serious condition.

You should return immediately to an Emergency Department if you have:

- Difficulty with passing urine/stool, or not feeling it coming.
- Numbness around your private parts or bottom.
- Weakness to the legs.
- Problems with sexual function.

**For more information, exercises and videos (type the web address into your browser):**

- **NHS Inform**  
<https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints/exercises/exercises-for-back-pain/>
- **NHS Conditions**  
<https://www.nhs.uk/conditions/back-pain/>

**Stop any exercises if your pain gets worse and see your GP.**