

#### **IV. Back Pain? Sciatica? When Do You Need to See a Doctor IMMEDIATELY!**

*If you have not already done so, call your health care provider if:*

1. Pain travels down your leg below your knee.
2. Your leg, foot, groin or rectal area feels numb or has a tingling sensation.
3. You have experienced a fever, nausea or vomiting, stomachache, weakness or sweating.
4. You lose control over going to the bathroom. If you suddenly lose control of your bowel or bladder see a physician immediately.
5. Your legs are weak or you experience foot drop. (Foot drop is a weakness in your foot or ankle that causes you to drag or slap the foot while walking.)
6. Your pain was caused by an injury or trauma such as a car accident or fall.
7. Your back pain awakens you at night.
8. Your pain is so intense you can't move around.
9. Your pain doesn't seem to be getting better after 2 to 3 weeks.

If you are a child or elderly person with back pain.