

Low Back Pain National Resource Information List



Healthfinder*

Type *back pain* in Search to connect to links regarding healthy backs.

www.healthfinder.gov

National Institute of Neurological Disorders and Stroke*

Information on back pain, treatment, research, news and back pain organizations.

www.ninds.nih.gov/health_and_medical/disorders/backpain_doc.htm

MEDLINEPLUS – National Library of Medicine

Interactive Tutorial that includes explanation of anatomy causes of back pain, preventing back pain and safety techniques for a healthier back using pictures and sound by the National Library of Medicine.

www.nlm.nih.gov/medlineplus/tutorials/backpain.html

American Chronic Pain Association*

Guide to pain medication and treatment coping calendar, 5-minute relaxation and newsletters.

www.theacpa.org
800-533-3231

National Institute of Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse*

Put *Back Pain* in Search for complete info on back pain, prevention, diagnosis, treatment, and journal articles clinical trials and research link provided.

www.niams.nih.gov
877-226-4267*

Office of Research Services, Division of Occupational Health and Safety

Click *Ergonomics at Work* then *A Healthy Back* for suggestions on correct body positioning for performing different types of work tasks and describes exercises to relieve strain on the spine.

www.dohs.ors.od.nih.gov

(continued)

*Available in English and Spanish



**Arkansas
BlueCross BlueShield**
An Independent Licensee of the Blue Cross and Blue Shield Association
arkansasbluecross.com



Health Advantage
An Independent Licensee of the Blue Cross and Blue Shield Association
healthadvantage-hmo.com



**BlueAdvantage
Administrators of Arkansas**
An Independent Licensee of the Blue Cross and Blue Shield Association
blueadvantagearkansas.com

IMPORTANT HEALTH NOTE: Back pain can be caused or aggravated by being overweight and lack of exercise. Back pain also is found more frequently in those who smoke. Some of the resources listed include information to help you make healthy lifestyle choices that can lead to a healthier back. **Please consult your doctor before starting any exercise program included in this information.**

HEALTHY WEIGHT MANAGEMENT

National Heart, Lung, and Blood Institute (NHLBI)

Aim for a Healthy Weight*

Includes risk assessment for weight and exercise using a body mass index calculator, exercise suggestions, diet counseling, including shopping lists, menus, recipes and a menu planner.

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/patmats.htm

Order **NHLBI publications** or ask for special topic information

1-301-592-8573 (not toll free)

Weight Control Information*

from the National Institutes of Health

1-877-946-4627 (toll free)

American Heart Association Start!*

All-in-one information to help you walk more, eat better and live a longer, healthier life. Recipes, resources and on-line fitness planners and trackers.

www.startwalkingnow.org

The President's Council on Physical Fitness and Sports

Contains information on beginning a fitness program, including a fitness log plus tips on how to get fit for different age groups and varying beginning levels of fitness. Publications on healthy living and activity are available.

www.fitness.gov

FirstGov for Consumers*

Information and resources on consumer protection issues. Put *Diet and Weight Control, Exercise and Fitness* and/or *Nutrition in Search*.

www.FTC.gov
1-877-FTC-HELP
(1-877-382-4357)*

SMOKING CESSATION

Freedom from Smoking Sign up for the on-line Freedom from Smoking Program that includes quit smoking preparation and support after you quit.

www.ffsonline.org
1-800-548-8252*

Smokefree.gov

Information and professional assistance that helps support both your immediate and long-term needs as you become, and remain, a nonsmoker. Get immediate assistance through an online step-by-step guide plus local, state and national telephone quitlines, instant messaging service and publications which may be downloaded, printed or ordered.

www.smokefree.gov
1-800-QUIT-NOW*
1-800-784-8669*

*Available in English and Spanish

The Low Back Pain Education Program is for health education purposes only. We do not offer medical advice or medical services. Always consult your treating physician(s) for any medical advice or services you need. You, as the member, are responsible for selecting providers, services or products. Please check your member benefits for coverage of services. All information furnished by you is kept strictly confidential and only used to provide us with information necessary for participation in the Low Back Pain Education Program.