**Myth or fact – back pain edition**

If you’re like most people, you’ll have back pain at least at some point in your life. Back pain is common, but there are some myths and facts you should know about.

**Myth**: Back pain is usually disabling.

**Fact**: Back pain can be intense, but it’s rarely serious or disabling. In fact, seven out of 10 people typically get better in two weeks. And, nine out of 10 typically get better in four to six weeks with or without treatment.

**Myth**: Rest is the best medicine for back pain.

**Fact**: Moving and returning to all your usual activities, including work, usually helps speed up healing. It also helps make sure you don’t lose strength.

**Myth**: Most back pain is caused by injury or heavy lifting.

**Fact**: People with jobs where they sit all day are just as likely to have back pain as those who do very physical jobs.

Visit [**healthpartners.com/backhealth**](https://www.healthpartners.com/backhealth) for more information. Go to *Back exercises* to see three quick exercises that’ll help you stretch your back and feel better, faster.