

Contact Us

NNI@Changi General Hospital (CGH)
2 Simei Street 3, Singapore 529889
Email: appt_centre@cgh.com.sg

NNI@KK Women's and Children's Hospital (KKH)
100 Bukit Timah Road, Singapore 229899
Email: centralappt@kkh.com.sg

NNI@Khoo Teck Puat Hospital (KTPH)
90 Yishun Central, Singapore 768828
Email: ktph.appt@ktph.com.sg

NNI@Sengkang General Hospital (SKH)
110 Sengkang East Way, Singapore 544886
Email: appointments@skh.com.sg

NNI@Singapore General Hospital (SGH)
Outram Road, Singapore 169608
Email: appointments@sgh.com.sg

NNI@Tan Tock Seng Hospital (TTSH)
11 Jalan Tan Tock Seng, Singapore 308433
Email: appointments@nni.com.sg

NNI@Woodlands Health (WH)
17 Woodlands Drive 17, Singapore 737628
Email: appt@wh.com.sg

Make an Appointment

Download **Health Hub** to make, change, or cancel your appointment online.



Scan the QR code to learn more about other neurological conditions

National Neuroscience Institute (NNI)
operates out of seven hospitals in Singapore:
CGH, KKH, KTPH, SKH, SGH, TTSH, WH



Neurosurgery Department



Low Back Pain

Brochure content serves as a guide only
Speak to your doctor for more details

Updated March 2024



National
Neuroscience Institute
SingHealth

Understanding Low Back Pain

Low back pain is a common condition and affects up to 80% of the Singaporean adult population.

It may result due to weakened or overstretched muscles, joints and ligaments.

Other causes include:

- Slipped disc possibly from a sports injury (Figure 1)
- Degenerative diseases affecting the spine
- Fracture (Figure 2)
- Infection (Figure 3)
- Tumour in the spine (Figure 4)

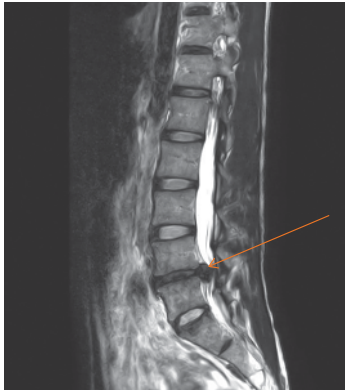


Figure 1
Slipped disc



Figure 2
Spine fracture



Figure 3
Spine infection



Figure 4
Tumour in the spine

Symptoms of Low Back Pain

In severe cases, you may have the following symptoms. Seek medical help early.

- Pain that does not go away despite enough rest
- Severe pain at a spot
- Numbness or weakness in the legs
- Difficulty walking
- Inability to control bladder or bowels
- History of cancer

Diagnosing Low Back Pain

Low back pain can be diagnosed through a clinical examination. Blood tests, x-rays, Magnetic Resonance Imaging (MRI) and Computed Tomography (CT) scans may also be ordered.

Preventing Low Back Pain

Low back pain can be prevented and managed through lifestyle modifications:

- Have a good posture
- Avoid staying in the same position for long periods of time
- Maintain a healthy weight
- Lift properly and avoid bending at the waist
- Change your workspace to reduce strain on the back
- Exercise regularly to strengthen and increase the flexibility of back muscles. e.g. swimming, brisk walking, cycling
- Sleep on a firm mattress

Risk Factors

- Excess body weight increasing strain on the lower back
- Lack of exercise resulting in weak back muscles to support the spine
- Frequent heavy lifting using the wrong posture

Treating Low Back Pain

- Rest and restrict activities until well
- Take pain medications as advised
- Exercise at least twice a day to strengthen the back, stomach and hip muscles
- Hot or cold compression to temporarily relieve pain
- Surgery is only recommended when there is:
 - Inability to control bladder or bowels
 - Numbness and weakness in the lower limbs
 - Pain that does not go away despite treatment