



## Before Joining Inova BackNET

To learn more about Inova BackNET, take a few minutes to read through the online Orientation. Inova BackNET is about prevention and education for a healthy back. If you have already experienced some back problems, joining the program can help you learn how to prevent more problems in the future.

You will need to check with your physician and get her/his written approval before joining Inova BackNET if:

- you've been seen within the last 3 months for a back condition and are currently under active medical treatment for that condition
- you've had back surgery within the last 12 months and have activity restrictions
- you are currently out of work on disability for a back injury or back pain

Pain felt in the back can have many different causes. See your physician right away if you have any of the following:

- any change in severity of pain or a new back pain
- back pain along with fever or chills
- difficulty controlling bowel or bladder functions
- increased frequency or painful urination
- unexplained weight loss
- pain, numbness, tingling or weakness in a leg or foot
- pain that doesn't change when you move or change position
- pain when coughing
- constant or increased pain when laying down
- back pain with abdominal pain or pulsing
- numbness in the groin, genital or rectal area
- any back pain and a history of cancer