

Low Back Pain Treatment Options and Costs



Costs can vary depending on type of treatment, location, and your insurance coverage.

- ✓ Talk with your provider about low back pain treatment options and costs.
- ✓ Visit CompareMaine.org to see differences in procedure costs by insurance and location.
- ✓ Contact your insurance provider for the amount you will need to pay.
- ✓ If you don't have insurance, contact the facility to ask what services will cost.

Options can range in cost:

\$ - free or low cost

- Heating pad
- Staying active
- Stretching/yoga

\$\$ - some cost

- Over the counter pain relievers (e.g. Advil, Aleve)
- Prescription medications* (e.g. muscle relaxants)

\$\$\$ - higher cost

- Physical Therapy
- Massage
- Acupuncture
- Osteopathic Manipulative Medicine
- Chiropractic care

\$\$\$\$ - highest cost

- Imaging**
- Surgery

Sample costs from CompareMaine.org:

Service	Maine Average	Maine Range
Physical therapy to one or more regions	\$47	\$28 - \$154
X-ray of lower spine	\$156	\$49 - \$180
MRI of lower spine	\$1,021	\$311 - \$1,912

note: information is based on 2014 - 2015 claims, CompareMaine.org

Keep in mind:

*Narcotic pain meds (opioids) are not recommended for low back pain.

**Imaging is usually not recommended for low back pain within the first 6 weeks of symptoms onset.



If your low back pain doesn't get better after treatment or worsens, contact your health care provider.