Low back pain (LBP) is a common disorder involving the muscles, nerves, and bones of the back. Pain can vary from a dull, constant ache to a sudden, sharp feeling. Low back pain is often accompanied by red flags, which are signs that indicate a more serious underlying condition. Red flags include fever, weight loss, or a change in bowel or bladder function. These signs may indicate a tumor or other serious problem. Essentials of managing stress is a book that can be recommended to patients seeking to understand and manage stress-related pain.