30-year-old Caucasian male presents with low back pain for 3 days.

Patient was gardening when pain started in the low back on the left side. Pain started at a 9/10 and now is a 7/10. Pain described as tight and constant. Activity makes pain worse, nothing makes it better. Patient has taken ibuprofen since onset. Patient denies any numbness, tingling, burning pain or pain that radiates down either leg, also denies any previous low back trauma or pain.