

## Back Pain and Considerations

When back pain occurs, the process of consideration must start. Back pain can emerge from various causes, yet when the pain is severe, one should seek medical advice immediately. When injuries occur and the back delivers messages that signal us that a problem exists, one must also seek medical advice. Injuries often cause neurological conditions.

When to visit your doctor:

If you are in an accident or fall and cause injury, seek medical assistance instantly. Delaying the problem can lead to further complications. If you lift a heavy object and your back starts to ache, seek help. If the muscles in your legs cannot provide you support and stability to stand erect on your toes, seek help. If slapping of your feet start when you begin walking, you will need medical support also. At the lower trunk, legs, and back, if you feel weakness, tingling, or numbness you will need medical assistance. During sleep hours if your back gives you problems, you endure fevers, and if you experience chills, seek help. If you loose control of your bladder and bowels, medical treatment is needed.

If you notice pain traveling down your arm or leg, in addition to back pain, seek help. If you notice joint pain or swelling in all areas, including the back seek help. If you have back pain and perform home treatment, such as bed rest and taking over-the-counter meds, seek help.

If you feel pain in the back, which you believe is not an emergency; you should rest your back. When pain starts from common activates, it is often because you have over-exerted the joints, muscles, etc. When treating the problem at home, rest in a comfortable position. Lie on your back and place a pillow under your knees. You can also try resting on your back while placing your feet on your couch or chair. The knees should bend at a 90-degree angle. Roll a towel up and situated it so that it supports your neck.

Whatever method you choose and if it is right for you, allow your back to rest until the pain vanishes. If the pain continues however, seek medical assistance. Sometimes you have to rest the back a few days before it ceases aching. Ultimately, you can visit a massage therapist, chiropractor, or someone who performs acupuncture to seek help. In fact, many doctors and mental health experts are incorporated acupuncture into their treatment plans. The process includes needles, which treats the disorder by inserting the injections into the skin at points believed to cause the pain. Acupuncture originated in China, which blocked flow of energy is believed to create pain.

When you rest the back, make sure that you lay on a firm surface, especially if

you are resting for a day or so. If you lie on soft mattresses for a length of time, it could cause problems to the muscles that support the back. During the wake hours, you want to continue lying on your back, rather than sitting up to read a book. You can continue the treatment at home by moving around every couple of hours. You want to focus on balancing the body when walking around and use hard surfaces to support your weight.

When you lie back down to rest, make sure you move gradually in position. If you have a back mattress at home, lie on the mattress and allow the heat and vibration motions comfort your aching back.

How to lie in bed properly:

Whichever side your pain is, sit on the edge of your bed and lower the head, so that it balances with your trunk. Raise the legs and slowly turn over onto your back. Use your arms to erect from bed rest.