

## Methods for Treating Common Back Pain

If your back pain does not require medical attention, i.e. if you feel you over exerted the muscles you can perform a few actions at home to, perhaps relieve your pain. The common treatments include bed rest, pain remedies, cold or hot pads, massage, relax, and so on.

Sometimes when we pull the muscles pain relievers can help reduce the pain. Common over-the-counter meds include ibuprofen, aspirin, or meds with acetaminophen included. You should avoid taking ibuprofen and aspirin combined to treat common back pain. In addition, if you have asthma, allergies, or polyps, leave ibuprofen and aspirin alone.

Cold packs work well, yet if you have conditions such as rheumatoid arthritis or related symptoms you should avoid using cold packs. Cold packs can reduce back pain otherwise if you allow the packs to remain on your back long enough to reduce muscle spasms, pain, or inflammation. Leave the cold pack on the area where your pain is for at least twenty minutes.

Later you can apply hot packs to the area. Avoid placing hot packs over areas where scar tissue is present. In addition, if you have poor circulation, avoid placing hot packs in this area as well. Leave the hot packs on your back for at least twenty minutes as well. Do not use heating pads, since experts believe that the pads are unsafe. You can take a hot, steamy bath or shower, or purchase hydrocollators and place it on the area. You can find hydrocollators at pharmacy, or areas where medical equipment, meds, etc, are sold.

If you muscles are tight, you may benefit from a massage. If someone you know is willing to give you a massage, ask him or her to rub the area gently. Otherwise, you may find local massage therapists in your area, which offer affordable treatment. If the massage increases your pain, ask the person to stop. You may need medical treatment. You should avoid massages if you have fallen and injured your back, or if you were recently in an accident. Seek medical help first.

You can also relax the back if your muscles are tense. Relaxation promotes wellness, since the muscles can rest from over-exertion.

To avoid complicating common back pains you should move around at least 20 minutes each day. Throughout the day we sit, lie on the back, stand, walk, etc, which all applies gravity pressure to the spine. We can learn proper sitting strategies to avoid complicating common back pain.

When sitting you can roll a towel up and situate it at the lower back and on

your chair. This will provide the lumbar support. If you have, certain conditions however avoid using such support. Conditions such as spine stenosis or spondylolisthesis can become irritated if you use back supports in such a way.

At what time you sit, try to use a chair that has armrests so that you can use the rests to lower your self in position. Avoid placing the legs directly "in front of you," and do not bend when you lift your self from the chair. Avoid twisting when rising from a seated position as well.

To minimize back pain you should avoid sitting for long hours. Walk around in intervals if you have a job that requires you to sit for long hours. At what time you sit, try to position your knees so that they are somewhat above the hips.

Common back stress can be reduced, yet if you try remedies at home or at work and the remedies fail, you may need to seek medical advice.