

How Can I Heal My Lower Back Pain?

Back pain is one of the common ailments of the body. Back pain can occur for a variety of reasons, such as sprained while cleaning the house, a back injury that has sometimes occurred from sports, or it can be the pain of an old injury.

But the common lower back pain sometimes becomes severe and starts interfering with the quality of life. You may need several treatment options to get relief from the pain. There are a variety of strategies you can choose from, from exercising to reducing your stress levels.

In this article, we have been told about such remedies that you can do at home and get relief from **low back pain**. But keep in mind that complex back pain will require a [back pain specialist](#) consultation.



Some ways to manage your lower back pain-

Exercises-

Exercising to relieve lower back pain may not feel right to you, but getting the right kind of movement can ease the discomfort. Although not all exercises are beneficial in dealing with back pain, avoid toe exercises and sit-ups. Do only slow and controlled wall-sit exercises. Please consult your **back pain doctor** before exercising in case of pain.

Keep moving-

Most of the back pain patients are not active, which is absolutely wrong. When you take a consultation, your doctor will also suggest that if you are in pain, do not stay in one place,

and keep moving. Try to maintain your normal level of activity in your daily activities. Try to stand on your feet at least thrice a week.

Use hot/cold treatments-

Using hot/cold remedies is an effective way to relieve pain. If lower back pain is directly related to a fall, or sports injury, hot/cold therapy may be a solution. But depending on the type of pain you have to choose to use hot/cold **low back treatment**. If you are experiencing severe pain, you should first apply cold and then warm. If the pain is chronic or less intense, then light heat should be applied continuously.



Get enough sleep-

Getting better sleep is the best strategy for relieving low back pain. Not sleeping in an optimal position can deprive you of sleep, and poor sleeping posture can also cause pain. If you are facing the problem of sleeping in pain then you should alternate sides from time to time. Do not put your pillow under your shoulders; Keep it under your neck and head.

Use of medicated cream-

You will feel stiffness and stress due to low back pain. To get relief from this, you can apply skin creams, salves, and ointments on the pain site. Medicated creams containing ingredients such as menthol, camphor, or lidocaine can cool, warm, or numb the affected area. Although it is not the mainstay of pain relief, it can give you instant relief.

If you are suffering from lower back pain then a proactive approach should be adopted. If the condition of your pain is normal, then reducing it can be within your control to a great extent. And if your pain is in critical condition, you'll need [low back pain treatment](#) to relieve the pain.