

What Are The Different Pain Treatment Options Available Nearby The Pain Clinic?

Back pain has become very common among adults between the ages of thirty to fifty. The pain in the lower back does not go easy as it is considered a chronic disease. The reasons for causing back pain may include such as constantly working, lifting heavy goods, prolonged sitting and lying down, etc. Or Maybe, your sleeping position is not correct.

The condition in back pain may be sudden or temporary. If pain is causing too much irritation, you should visit a [back pain specialist](#).

Reasons of causing lower back pain may include:

- an immediate uncontrolled contraction of a muscle
- Irritation in nerve
- suffering from slipped disks
- A sudden muscle pull



There are many treatment options available to cure lower back pain according to the cause of the condition. Some of the **back treatment options** are discussed below:

Take Bed Rest

A **pain specialist** can recommend bed rest to counter the pain. Since the treatment depends on the ongoing symptoms, the specialist can reduce or increase the days for resting. The main objective to rest is to reduce your level of physical activity temporarily.

You can lay down on your back with a pillow under your knees to keep your back in a neutral position. In addition, you may lay down on the floor with your knees bent at ninety degrees angle and propped on a chair.

A heating pad or ice packs

According to a pain doctor, you may treat lower back pain with a hot or cold compress. It has been proven that using heat and ice packs can increase movements and decrease pain.

Place ice packs on the tender areas of your lower back to reduce swelling. Make sure to wrap an ice pack in a towel to protect your skin tissues from freezing. You can carry on the treatment daily for twenty minutes at a time.

You can switch the ice pack treatment to heat after a couple of days by using a heating pad or hot water bath. The warmth will help you to lose the tight muscles that are causing the back pain. Be sure that you have turned off the heating pad before sleep as it may cause skin burns.



Over the counter pain relievers

OTC pain relievers are a non-invasive treatment option for lower back pain because it can be treated by taking some prescribed medicines like naproxen, ibuprofen, and acetaminophen that is effective in reducing pain and swelling caused in muscles-related pain.

Physical Exercise:

Usually, people never think about exercise when having lower back pain. But according to a **pain treatment center** physical exercise is an effective way to get relieved from aches and pains. Activities like pelvic tilts and bridges increase your muscle strength that will help to reduce your lower back pain.

Traction, ultrasound, and TENS

If the conventional treatments fail to relieve your lower back pain, you may consider the alternatives such as Traction, Ultrasound, or TENS.

Traction involves a system of weights to fix your spine in the correct position and also fix the position of slipped discs in the right place.

Ultrasound uses massaging the delicate skin tissues around your injured area in the lower back with the help of sound waves to get relaxed and heal more quickly.

Transcutaneous electrical nerve stimulation (TENS) functions on the electronic stimulation of the nerves using electrodes placed on your skin.

Choose the correct treatment after consulting your doctor in the [Pain clinic](#) to get the best results.