

# WHAT ARE THE WAYS TO TREAT BACK PAIN?

If you have ever suffered from a bad backache you know it's the most critical thing and it can possibly impair you from doing work and stuff. You may hurt so bad that you can't seem to do anything otherwise it may get worse or so. It can get so severe, you want to just lay in the bed and wait for a whole day to get freed from this. If you can relate to this then it's better you consult the pain clinic.

## **What are the types of back pain?**

There are mainly two types of low back pain. One which is called acute. This is induced by external factors and passes with time. It can be caused by various things such as a muscle spasm or slipped disc, but if you contact the [back pain specialist](#), it will get better. The next type is known as the chronic one. It has a longer duration and can trouble you from 60 days to a lifetime. There are various things that can create chronic low back pain that is comparable to acute conditions such as dislocated disc, or muscle contractions, but for some purpose, these conditions don't go by themselves and need the **back pain doctor**. It's a known fact that back pain may get severe and have serious consequences.



According to the national stats, the main reasons for missing work, and one of the leading that hampers productivity is back pain. Other causes for low back pain can be explained by the **pain management doctor** - it can be disc disease which can be a hereditary weakness in the spine. Obesity and bad posture are also some of the main causes of back pain. With so

many people who are getting inclined to fast food, it becomes kind of obvious to foresee these things early. Other causes of back pain can be staying in the same position for long and muscle weakness but inferring anything from yourself can be harmful so consult the **pain management doctor**. If you smoke quite often then you should know - smoking is the principal reason for low back pain? That's true. Smoking is the reason for the hindrance in blood flow and leads to disc degeneration. It is necessary for blood to move freely in the body because normal blood flow boots good cell growth and helps in good health. Consult the **pain specialist** and pinpoint the reasons.

### **What are the ways to heal pain?**



When you consult the low back pain treatment he will surely move to the first way - by medication, in order to reduce the pain. In line for someone to improve, they should feel more comfortable. When we are agitated or stressed, the muscles conduce to tighten up which can be the reason for limited blood flow and hypes the cortisol levels. Other elements which can heal the issue is heat and cold can stimulate inflammation of muscle tissue to be decreased. Take the [low back pain treatment](#) for healing the additional pain. Consult the **pain centre** for more information.