

What's Causing Your Lower Back Pain?

There are many cases that can be the reason behind the back pain. While many theories say that any insufficiency in the following causes the pain - ligaments, joints, and discs are the chief coordinates of this equation. The best thing about back pain can be caused due to a number of reasons which are not serious. Just because you are dealing with this doesn't mean you need to be trapped in this. If it gets over the top get in touch with the [back pain doctor](#).

The main reasons behind lower back pain as per the **pain doctor**:

- (1) Muscle pulls and cramps.
- (2) Nerve sensitivity.
- (3) Poor posture and back-related problems.



WHAT ARE THE FASTEST WAY TO PREVENT/ REMEDY BACK PAIN

Backache is one of the nagging things which will not harm you and manages to keep you irritated the whole day. If you have ever dealt with a terrible backache, you may have also been aware of the potential toll it can take in your health condition such as not being able to do the work or even worse - bedrest.

1. Stay agile during the day. Frequent activities keep you fit the whole day. Establish and maintain a regular exercise routine. This can be any slot of the day - morning or evening. Just be consistent this will not only correct the back pain but also helps in **knee pain**.
2. Practice some yoga poses

If you are the bit that bodily fit to do the cardio workouts. When you stretch the body in a particular way obviously under the guidance of a trainer. It shifts the muscle sprain from a place to another making it relaxed and easy. You can try the different exercises and yoga poses to ease up your condition. The essential factor in this is to be extra careful with the poses and practice under an attentive coach who has some experience. If you are practicing yoga for relief in knee pain please consult the [knee pain doctor](#) first. Only if they give you permission to workout continue with it.



3. Use Hot/Cold Compression Techniques

Another thing that might ring the bells in your ears if you are going through the pain. It takes the help of hot and cold compression techniques. If you are having a back or knee ache due to different reasons mainly due to cramps, sports injury, or fatigued muscles you can use the hot or cold compression techniques. Other sorts of pain that can be controlled with hot/cold applications include sore muscles from exercise, as well as muscles that have faced trauma. To correct the condition you might try to do hot compresses for a brief period.

4. Manage the stress

If you are normally more confronted with stressful situations. It can negatively influence your life and hamper your day to day activities. Stress can be the chief reason that impacts your mobility and physical condition. Regrettably, this becomes a cyclic affair in which you might get stuck. Start taking baby steps to correct the painful situation. Alternatively, you can talk to an expert on the **pain center** for more information.