

Causes Of Lower Back Pain In Women

There are many women out there who are suffering from lower back pain at some time in their life. Whether the pain is severe or permanent, lower back pain appears to target the women of our species to a significantly greater degree than our male counterparts.



As we all know, women generally outline the area which is painful as the 'lower back' which, by meaning, is anywhere from the top of the hips to the tail bone at the very end of the spine. The [back pain specialist](#) defines 'lower back' as being the area between the top of the legs and the base of the rib cage. Even though these descriptions of the location of the pain vary, it can be assumed that it is around the area where the upper half of the skeleton meets the lower half. It is this meeting point that bears most of our bodies' weight and, because we are also able to twist sideways and bend over double, it is thus at great risk of a huge array of problems.

The most common causes of **low back pain** are the eminent culprits of lifting items that are too heavy, twisting unnaturally (as when trying to prevent a fall), sports injuries, or knocks received in a car accident, for instance. All the symptoms of the dreaded lower back pain caused by the above reasons will slowly disappear if one simply rests and does not do anything too physical for a week or two and, if

necessary, take an over-the-counter anti-inflammatory or pain-killing medication. You can also visit a **pain clinic** and get your consultation by a **pain specialist** for getting yourself treated.

Lower back pain causes a major problem when the pain continues over some time and either does not go away completely or does not respond to simple medication and rest, as described above this is where you need to visit a [pain center](#) for diagnosis then becomes more complex, the symptoms become chronic and a host of testing needs to be done to pinpoint the exact cause and therefore the treatment plan of this pain center will ensure that the patient can continue with her normal day-to-day existence.



Causes of your permanent lower back pain

1. Arthritis

Both osteoarthritis and rheumatoid arthritis attack points in the body which have previously been damaged or weakened; and the lower back is, therefore, a prime target that gets progressively more stiff and painful the older one gets

2. A herniated or ruptured disc

The little gel-filled cushion between each vertebra which gets more brittle with age and, when forced out of its correct place, may press on a nerve.

3. Injury or fracture

Many people don't pay attention to their injuries which leads to making them anonymous. An unknown or undiagnosed compression fracture or injury could be caused by osteoporosis (or thinning of the bones).

4. Common reasons

Many women have agreed that they have **low back pain**. Women sense that whenever they are stressed, depressed, and tension which has also been shown to harm lower back pain, especially the chronic version of the syndrome.

Conclusion

We hope you liked this article and now you know the different causes of lower back pain. It is therefore recommended to consult your doctor if your pain continues for more than two weeks.