

3 Ways Of The Back Pain Treatment

A broad range of **low back pain treatment** is possible based on the reason for the pain, its intensity, and how many days it presents. Pain from the lower back or whatever pain you have is very subjective. It differs from person to person. This is why, when asking for treatment, the **back doctor** would ask the scale of pain from 1 being the least value to 10 (as the highest), or they will ask for how long you can sense the pain, or what causes the pain. Answers from these issues can help the back specialist determine what's the best remedy for their patient.

Embracing simple but helpful adjustments to your lifestyle and being conscious about the back pain treatment can bring about instant improvements in your low back pain.



1) Self-Care at Home - this can help you in healing the initial level of pain.

- taking 8hrs of sleep

Those with low back pain should rest with a pillow between the knees while resting on either side.

They can also rest in a way that the pillows are between the legs.

This improves comfort to your back and divides the pressure. Sleeping till late can also improve the condition.

Take the pain medicine. This is meant for a short-treatment if the back pain is not so frequent. There can be an enhanced risk of gastric ulcer or gastric bleeding when taken frequently. This is usually used after a meal. It's better to discuss with your [back specialist](#) when you are to use these.

Hot/cold therapy - You can practice it alternately and should not use it for more than 30 min- Hot therapy with the application of a heating pad can assist in reducing inflammation if

there's any. - Cold therapy with the practice of an ice pack can help reduce back pain as the cold has a sedative effect.

Doing bed rest - This increases the rehabilitation period of the back, as it can make the condition even more serious. - Bed rest reduces muscle tone.

2) Medical Treatment - when pain is persistent, it is best to take the **back pain treatment** and having the proper schedule.



- Prescription drugs

There are various treatment options available in the market talk at the **pain treatment center** to understand your alternatives. As these are an active pain reliever, it is also mainly used as it doesn't have the side effects such as the gastrointestinal bleeding.

Steroids - Oral. These can be best served by those who are dealing with uncontrollable back pain. - Injectables. This can have an increased relief of pain since the absorption is faster than oral. However, it should be given with caution and should be done by a professional.

3) Not so main-stream treatments

- Acupuncture

It helps reduce pain and boost activity.

The session mostly depends upon the intensity of the pain and the requirement of the body.

- Massage Therapy

You can try aromatherapy to release the tension stored in muscle.

- Spine adjustment

This is done at a [pain treatment clinic](#), chiropractor, or physical therapy by a spine doctor.