

The Different Types Of Back Pain

Back pain is a primary cause of our suffering. Studies have found that 80% of people suffer from back pain. Our unhealthy lifestyle and slogging continuous hour cause back pain.

The issue of back pain causes hindrance in daily life activities such as standing, sitting, walking and sleeping. There are several causes of back pain which include poor posture, slouching, arthritis, osteoporosis and many others. The best cure for back pain is opting for the [back sleeper pillow](#). Experts state that back pain tends to impact 90% of the adults once in their lifetime.



Often people tend to ignore the back pain however prolonged negligence of the issue leads to worsening of the condition. Minor cases of back pain can be treated with the use of **orthopaedic pillows**, while extreme cases require surgery. The diagnosis of back pain is essential for the right treatment. Continuous back pain might be an indication of an underlying health issue. Another helpful way of treating back pain is the intake of the over counter antibiotics, but excessive consumption of it can lead to health complications. Physiotherapist state that while working for long hours in front of the computer one should opt for **chair pillow for back pain**. The question that arises how do you find which pillow is suitable for the kind of back pain that you're enduring. The solution is simple for it; you need to find the kind of back pain you're experiencing. So to help you out here is a list of the different types of back pain.

What are the different types of back pain?

Back pain tends to impact the upper and lower part of the back. The market has the best **pillow for upper back pain** and lower back pain. However, that's not it all; there are several different types of back pain, and the common ones are as follows:

1. Flexion dominant

This type of back pain is described in terms of injury of the disc. The disk are soft cushion between the spinal cord that facilitate its natural movement. However, often due to muscle straining and tensions, the disk tends to get bulged or ruptured. The bulging of the disc leads to back pain. Flexion dominant pain worsens during sitting, bending and lifting. It may also lead to the experience of numbness in the body. The cure for this is to opt for the **back pain relief pillow** and seek medical attention.

2. Extension dominant

Extension dominant pain is described as the pain felt in the joints of the spine. The pain is experienced while standing for long periods. This type of pain also causes numbness and leg pain. The cure for it is opting for **Ikea platform bed** and back pain pillow while sleeping.



3. Neurogenic claudication

This is a specific type of extension dominant back pain that tends to affect the older individuals.

The pain uprises during rising and walking and also is accompanied by leg symptoms. The cure for this is opting for **memory foam pillow** while sleeping to provide comfort to the back and the head.

4. Inflammatory back pain

The pain is caused by excessive inflammation of the spinal joints. This kind of pain also leads to spondylitis. The cure for this is seeking medical help and opting for the [Back And Stomach Pillow](#).

So these are a few types of back pain. For more information about the back pain, visit eliterest.com.