

The Common Causes Of Back Pain

Back pain is one of the common health issues reported by the people. One in every three people experiences back pain on waking up. The back pain mostly impacts the upper and lower areas of the spinal cord. Lower back pain is termed as lumbago and is a symptom of several different types of medical problems. Studies have found that 75 to 85 percent of people tend to experience back pain during their lifetime. In most cases, the back pain is recovered without surgery; however, when it starts to have an adverse effect on the health, medical attention is required.



Back pain creates a hindrance in daily activities such as sleeping, walking, standing, and sitting. One of the best cures for the issue is opting for a **back pillow**. The back cushions help in relieving the pain and relaxing the spinal cord. Keeping in mind the issue of specialized [orthopedic pillows for back pain](#) are available in the market. Prolonged back pain requires medical attention, and if left neglected, it can have severe consequences. People often question what are the triggering reasons for back pain are. Our lifestyle where we tend to spend most of the hours in front of the laptop is considered the main reason for back pain. An unhealthy lifestyle is not the sole reason for back pain. So here is a list of the common causes of back pain.

What are the significant causes of back pain?

Back pain happens suddenly and tends to last longer. No matter what be the cause, the best remedy for back pain is opting for the [back sleeper pillow](#). However, the pillow only provides comfort for a short while. The treatment for the back pain depends on the cause behind it. So here is a list of the common causes of back pain.

1. Muscle Strain

One of the key reasons behind the occurrence of back pain is muscle strain. Repeated heavy lifting or sudden awkward movement is said to strain the back muscles and the spinal ligaments. Poor physical conditions is known to provide constant pressure on the back. It is also known to cause painful muscle spasms. The best way to relax the muscles is by opting for the **back pain relief pillow**.



2. Bulging or ruptured disks

The disks act as cushions between the bones in the spine. The soft drive is prone to get bulged or broken, and this results in back pain. The cure for the burst disk is getting a **back sleeper pillow**.

3. Arthritis

Osteoarthritis is known for affecting the lower back. Some cases of arthritis also lead to narrowing of the space around the spinal cord. The narrowed spinal cord space results in the rise of a condition that is known as spinal stenosis. **Lower Back Support Pillow** is the best cure for arthritis.

4. Skeletal irregularities

Skeletal irregularities is a condition that arises due to the curving of the spine on the sides. The curving of the spine causes back pain. Orthopedic pillows help in curing the issue.

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