

Activities To Avoid When Having Back Pain

Back pain can take the form of constant dull aching or acute and searing pain, and there could be many causes. The condition may be brought about by a sprain, fracture, or some other inadvertent injury. It could be a result of an illness or medical condition, such as arthritis, fibromyalgia, or spinal stenosis. All these causes are due to a few factors relating to people's lifestyles, such as being obese and sedentary. So, in order to avoid further consequences, it is suggested that you connect with the [back pain doctor Clifton](#). To know more about it, continue reading the article.

Avoid bed rest.

When your back hurts, it may seem like a good idea to lie down. The trouble is, if you aren't moving around and stretching out your muscles, it can make you stiff and actually increase your pain.

The muscles in your lower back may get weak with bed rest. Being active by doing your usual day-to-day activities, low-impact exercises, like hamstring stretches, light low-back exercises, a walking program, or a structured exercise program with physical therapy may help. **Back pains specialists West Orange** can help strengthen your muscles and spinal stability.



Don't sleep on your stomach.

Sleeping on your stomach increases pressure on your spine and joints, which makes it flat further. You will have to turn your neck if you sleep on your stomach. This mostly brings aches in the neck, so sleeping on the belly is not suggested.

This one should seem obvious, but some people just work too hard. If you've pulled a muscle in your back and it hurts, you have to let it heal. Continuing to lift and twist is going to further prolong your back pain.

Avoid bending or stooping repeatedly.

These repetitive motions can further insult the muscles, tendons, and ligaments; it can also increase the pressure on your disks in the lower back, too, which can give you more pain.

If you need to stop to pick something up, proper bending techniques can help to minimize your back pain. Examples given by [back pain specialists Paramus](#) include bending only at your knees and hips instead of your waist and taking care not to twist your back while bending forward to grab something.

Avoid sitting for long periods of time.

Much like avoiding the best rest, it's important to keep yourself moving. Get yourself up, move around, and stretch.

Avoid certain exercises.

You should not be doing sit-ups, leg lifts, toe touches, high-impact exercises, or weightlifting when your back hurts. You should also avoid sports like golf, certain racquet sports, and running until your back is back to normal.



What diet should you take?

It is suggested that you focus on a heavy and nutritious diet. Start by consuming an anti-inflammatory diet that can help you lessen back pain. Omega-3s from fatty fish like salmon, canola oil, and walnuts; monounsaturated ones from olive oil, peanut oil, nuts, and avocado; fruits and vegetables like spinach, broccoli, sweet potatoes, berries, and watermelon; whole grains such as wheat, brown rice, millet, and barley; herbs and spices like ginger, turmeric, oregano, sage, cinnamon, cloves, rosemary, and green tea.

In conclusion

This article has stated how you can get rid of your back pain. All you have to do is connect with the right and certified **back pain doctor** who can give you the right advice with perfect exercises to perform. By following the correct direction, you can make it disappear fast.