

What Are The Causes And Risks Of Back Pain?

Back pain is a common problem worldwide; back pain can be caused due to many reasons. A sudden sprain or twist can cause back pain. The pain can sometimes be a shooting, burning pain that radiates from the back to the leg. Back pain usually occurs on one side of the body. The pain can worsen when you walk, bend or twist your body.

You may see many products for back pain relief in the market, like comfy shoes, special back supports, and ergonomic chairs for back comfort. You may also see mattresses that are best for back pain.



Visit the [back center](#) for the best treatment options for back pain.

What are the causes of back pain?

Spinal degeneration, a sudden twist or injury, causes low back pain. Your **back doctor NJ**

usually takes the test or x-ray to know the reason for the back pain. Disorders typically related to back pain are:

Muscle or ligament strain.

Holding heavy objects, lifting, or sudden twisting or bending can pull back muscles and spinal ligaments. For people who do not exercise or are in a poor physical state, continuous causing strain on the back can cause excruciating muscle cramps.

Bulging or ruptured disks.

Disks function as cushions between the bones in the spine, and the soft material in the disk can bulge or rupture and can stress the nerve. However, a bulging or ruptured disk may not cause your back to ache.

Arthritis.

Osteoarthritis can impact the lower back. In many cases, arthritis in the spine can affect in narrowing of the space around the spinal cord. This is called spinal stenosis.

Osteoporosis.

The spine's vertebrae can produce hurting ruptures if the bones become porous and brittle. Make sure to visit your **back pain doctor, woodland**, and discuss the stretches to relieve pain.

What are the risk factors?

Back pain can occur to anyone; even children and teens can have back pain. These are the factors that can heighten the risk of developing back pain:

- **Age.**

Back pain is familiar with any age human but usually starts around the age of 30 or 40.

- **Lack of exercise.**

Muscles that are weak and unused can also cause your back to ache.

- **Excess weight.**

Excess body weight is another reason to have back pain. Extra weight puts extra pressure on the back and causes pain.

- **Improper lifting.**

Lifting or holding some heavy object with a bad posture and putting pressure on your back can lead to back pain. Allow the stress on your legs.

- **Smoking.**

Smoking can also increase the risk of back pain, lower blood flow to the spine and raise the risk of osteoporosis. Consult with your **back pain specialists in NJ** for more information.



In Conclusion:

Simple sitting poses movements can help you get relief from back pain and chronic back pain. Exercise helps control pain and core stability and improves your sitting and standing posture. Try doing these exercise step by step. Take your time, and make baby steps to follow the exercise. And if you feel pain, stop the activity immediately. Do the exercise until it does not cause discomfort to your back. Book an appointment with [back pain specialists new jersey](#) and learn the cause of your back pain.

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