

# What Are The Non-Surgical Treatment Options For Back Pain?

Back pain seems to be light but can cause major life-threatening issues. There can be many reasons for back pain, and with pain, there are [chronic back pain treatment](#) options too.

Other than medical treatments, some non-surgical options can relieve your back pain and treat the underlying primary source of pain. The best is to consult your back specialist if you have significant back pain issues. Still, with these medications, you can try alternative treatment options to help you in pain.

## Alternative Therapies Options:

Non-medical therapies may be directed as alternative or complementary care. The term "alternative" should not imply inferiority, but instead, not traditional according to western medical standards.



## Manual manipulation

A chiropractor or other healthcare provider will help you physically adjust the spine to improve the mobility of bone and reduce stiffness, discomfort, or pain. Your [back pain specialist](#) physician may use hand thrusts of inconsistent speeds and apply force to adjust the spinal structures of your back. Manual manipulation by a physician can relieve your lower back pain.

## Acupuncture.

Acupuncture, which has its roots in traditional Chinese medicine, stimulates spots on the body that are supposed to balance the body's "qi," or life energy. It is thought that healthy qi lessens bodily pain and suffering and facilitates harmony in the human body. Thin needles are inserted into the skin for about an hour during a session. Many people have found relief and significant pain reduction through acupuncture.

## Massage treatment

A massage therapy session for the low back can ease the muscle spasms that frequently cause common back discomfort and pain. Additionally, massage stimulates blood flow to the low back, which promotes faster healing by supplying injured muscles with the nutrients and oxygen they require to heal.

### **Mindful meditation.**

Meditation can also help you give peace of mind and reduce the pain perception and depression in the body.

Meditating for an hour can reduce the sleep problems that commonly occur with chronic pain. You may consult a meditator who can help you meditate and treat your back pain issues. Deep breathing exercises are an altered focus approach in pain relief.



### **Back braces.**

Many people use a back brace to ease discomfort and sometimes even lessen pain. Some research suggests daily wearing an inelastic corset-style brace while engaging in a physical therapy exercise regimen will quicken healing and relieve pain. A back brace can be an excellent option for **back pain treatment** and is beneficial after surgery.

### **Obtain a healthy weight**

Obtaining a healthy weight can lessen the risk of back pain and can also reduce the pain. Most of the population is deemed obese, and more than 70% of people are overweight. Your back muscles and spine might be put under a lot of strain when you carry extra weight.

Although losing weight might be challenging, it can help you manage your back pain, stop it from worsening, and perhaps even avoid needing painkillers or surgery. Call to make an appointment with **back center NJ** if you need assistance reducing weight.

### **Get enough calcium (but not too much)**

Getting enough calcium can make your bones healthy. Although calcium is vital for strong teeth and bones, getting enough can reduce back pain caused by conditions that affect bone mass and strength, such as osteoporosis.

Eating food that has calcium can reduce your risk of developing osteoporosis. Add Calcium-rich foods to your daily diet, like dairy products, plain yogurt, cheese, and milk, and green, leafy vegetables, such as broccoli and bok choy.

beans and tofu

### **Conclusion:**

You must quit smoking and eating tobacco products to stop worsening the pain. Talk to your doctor about tools to quit smoking. For many people, lifestyle changes and alternative treatments can help keep back pain at bay over a long time. Consult your **back specialist** to learn about back pain treatments.

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