

Can Back Pain Be Prevented?

Recurring back pain may result from improper body mechanics, and prevent it by avoiding movements that jolt and strain the back, maintaining correct posture, and lifting objects properly. Many work-related injuries are constantly aggravated by stressors such as heavy weight lifting, contact stress, vibration, and any awkward posture.



Recommendations for keeping one's back healthy

-
- You should do regular exercises to keep strengthening your muscle. You should consult a [back pain doctor](#) to know about low-impact exercises for back pain. There are some specific exercises for particular ages of people.
- You should eat nutritious food and maintain a healthy weight with a sufficient daily intake of calcium, phosphorus, and vitamin d for bone growth.
- Use ergonomically designed furniture at home and work for better comfort and muscle health. Also, make sure your work surfaces are at a comfortable height.
- Switch sitting positions often and continuously walk around the office to stretch muscles to eliminate muscle tension gently. A pillow behind your back can provide some lumbar support.
- Wear comfortable clothes and low-heeled shoes.
- Sleeping on one side with the knees pulled up can help you open up the joints in the spine, reducing pressure on the spine. You should always rest on a firm surface.
- You shouldn't do the over-weight lifting, because it exerts too much pressure on your knees.
- Smoking can reduce blood flow to the lower spine and contributes to spinal disc degeneration. Also, sometimes coughing due to heavy smoking may cause back pain. If you find mild to sharp pain around your back, you should immediately visit a **back pain doctor woodland park** for proper **back treatments**.

What are the main risk factors for developing low back pain?

Anyone can have back pain, even a teen. Here are some factors that can increase the risk of low back pain such as:



Age: The first attack of back pain typically occurs between the ages of 30 and 50; these days, back pain is widespread in people with that age increase. Because your bone may lose strength due to osteoporosis which can lead to fracture, at the same time, your muscles' elasticity and tone decrease, this may happen because your intervertebral discs begin to lose fluid and flexibility with age, which decreases their ability to support the vertebrae. So, you should visit [back pain specialists NJ](#) for a regular check-up and full body diagnosis.

Fitness level: According to a reliable study, back pain is very common in those people who are physically not fit. Because your weak back and abdominal muscles may not support your spine, people who go out and exercise a lot after a break or are inactive may suffer more than those who moderate exercise or have daily walking habits.

Genetics: Some people have problems with back pain due to their family history or occurs due to genetic components.

Psychological factors: Your mood, stress level, anxiety, and other psychological problem may lead to experiencing back pain.

If you experience any such factor, then you should immediately seek a **back pain doctor Paramus** for **back pain treatment**.

Article Source : <https://www.shoutarticle.com/can-back-pain-be-prevented/>