

How to Keep Control Back Pain?

Back pain is more or less a symptom rather than an illness. This is a way of the body presenting that you need to follow the correct posture for sitting, standing, and working. For this, you must make some ergonomic changes in your lifestyle that reduce your back pain to some extent. However, back pain is quite a common problem that most of us deal with at any stage of life. Strengthen your back muscles with stretching and strengthening exercises, as it is one of the effective ways to keep your back pain at bay. **The [back pain treatment center](#)** is a center where types of equipment are placed for therapies or exercises where people get some kind of relaxation in back pain.



Follow the below-mentioned effective ways to protect your back and prevent back pain:-

- Implement a healthy and active lifestyle and spend a few hours in exercises every to make the back healthy and fit.
- Avoid smoking as it can lead to developing other major diseases such as oral and lung cancer.
- Take adequate or 8 hours of sleep every day because sleep is important to keep our body and mind active throughout the day.
- Don't sit or stand in one place for long hours if you have a sitting or desk job take a break and walk in every 30 minutes.
- Eat a healthy and balanced diet and check your weight monthly or weekly, as obesity puts pressure on the back side that can cause pain.
- Avoid heavy lifting and bending at the same time.
- When you lie over the bed for a good night's sleep, try to sleep on your backside.
- Practice meditation that helps lower the stress level and benefits the entire body.

What are the Types of Back Pain?

Doctors and researchers have categorized back pain into three sections which are mentioned below:-

Acute back pain occurs suddenly and can take a few days to weeks to get relief.

Subacute back pain happens suddenly and is long-lasting from 4 to 12 weeks.

Chronic back pain occurs quickly or slowly, remains for over 12 weeks, and happens daily.

When To Consult a Back Pain Specialist?

If you have been dealing with back pain for weeks to months now, its time to **consult back pain specialists new jersey** for the following reasons:-

- Weakness or numbness in the legs
- Unbearable pain
- Difficulty in passing urine.

What Are the Risk Factors Associated with Back Pain?

Most of us have dealt with back pain at some point in our lives. It is a common medical condition that puts you at high risk. Back pain is quite common in old age. Once you cross 45 years of age, you start experiencing back pain. The following factors are intended to develop back pain:-



- Pregnancy
- Obesity
- Smokers
- Heredity or Family
- chronic medical conditions such as arthritis and cancer
- not engaged in exercise.

- old age

If you are experiencing any factors mentioned above, **consult a [back pain doctor](#)** to take his advice for effective treatment.

Conclusion

Back pain is likely to develop more in females than males because of hormonal imbalances. Health experts and researchers have determined that back pain is connected with stress, anxiety, and mood disorders.

Most people recover with self-care tips or home remedies for **chronic back pain treatment**, while others may require surgeries or therapies only in severe cases of back pain.

Article Source : <https://www.healthymindz.com/how-to-keep-control-back-pain/>