

Age-Related Pains (And How To Ease Them)

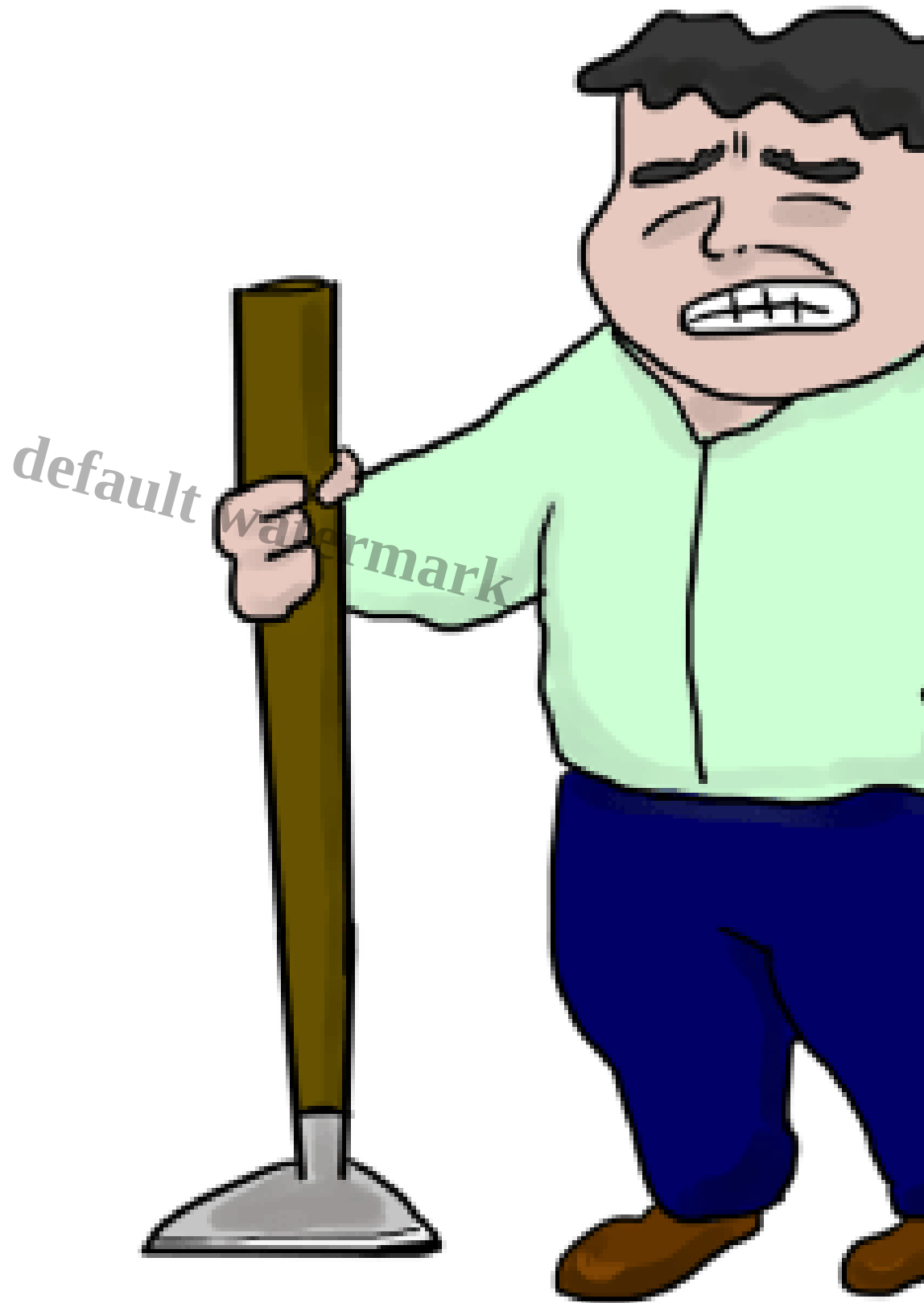
Description

Hey, none of us are getting any younger, right? Age creeps up on us all, and as it does, we can become more prone to aches and pains around our bodies. This might be of no surprise to you, of course, especially if you feel the old twinge in your back when you're rising from the sofa, or if your knee starts playing up when you're out on a run.

However, while the various aches and pains we experience can be frustrating and limiting, there are ways to ease them. In this article, we will discuss just two of them, and will suggest a few tips to help you live a more pain-free life.

#1: Lower back pain

default watermark



[\(Pixabay CC0\)](#)

Back pain can often be caused by an injury, so if you have ever had an accident, this might be why you sometimes feel pain in your lower back. You might also feel back pain if you remain in a seated position for too long, especially if you tend to sit in slouching positions. On the other hand, if you are approaching retirement age, then it might be that you are starting to suffer from an age-related health condition, such as arthritis or osteoporosis. Or it might be because, as you get older, your bones naturally lose strength, and your muscles lose their elasticity, so there is a greater potential for pain in your lower back.

Now, if the pain is persistent, you should seek medical advice. If something is seriously wrong, such as a slipped disc, then you will need the support of your doctors. But on a daily level, if back pain is becoming an age-related constant in your life, you can take steps to relieve it. For instance, services like those of [RELATYV At Home Pain Management in Wisconsin](#) (or elsewhere) may offer a convenient and non-invasive type of remedy, thereby allowing you to address chronic pain effectively without leaving your home. Additionally, a physical therapist can teach you exercises to help you move better and relieve your back pain. Cardio exercises and strength training are also helpful, as they build core muscles, which in turn support your spine and reduce pressure that causes pain. Heating pads can ease your discomfort, as can ice if you have sustained an injury. Exploring other supportive strategies like posture correction tools or ergonomic furniture can also complement your pain management routine.

There is more advice in the link below, so have a read and heed our advice.

[Ways To Relieve Back Pain At Home](#)

#2: Knee pain

default watermark

[\(Pixabay CC0\)](#)

Our knees absorb a lot of pressure every day, especially if we live active lifestyles. Over time, our muscles and ligaments become weaker, and the cartilage protecting the bones that join at the knee starts to deteriorate. When that cartilage is gone, we will start to feel aches and pains as our bones rub up against each other. The clinical term for this is osteoarthritis. However, itâ€™s not an inevitable condition, as some people are more prone to it than others. Those who are overweight, for example, or those who are genetically predisposed to the condition.

To delay the progress of Father Time, you should do what you can to reduce the chances of age-related knee problems happening to you. If you are overweight, losing a few pounds can reduce the pressure on your knees. If you can avoid squatting for long periods, you can also do yourself and your knees a lot of favors. And if you can accommodate exercises that strengthen your hip and core muscles, you can do much to stabilize your knee joints. A physical therapist will be able to tell you more.

However, if you are experiencing regular knee pains, you should seek the assistance of a doctor. If you are suffering from an age-related health condition, it might be that surgery is needed. If surgery isnâ€™t needed but you are still in pain, there are anti-inflammatory medications you can take. Your pharmacist will be able to tell you more. Heat and cold can also provide some comfort, so as with back pain, you could use a heat pad or hot water bottle, or ice wrapped in a cloth to reduce the pain you might be feeling. Self-massage can also be beneficial (unless you can find somebody to massage your knee for you), so check out the advice given here: <https://www.thekneepainguru.com/massage-therapy-for-your-knees/>.

You might also want to consider AposTherapy, a non-invasive way to treat the pain you might be suffering. It has been clinically proven to work and has helped a lot of sufferers. You can find out more here: <https://www.apostherapy.com/medical-conditions/knee/>.

Finally

The aging process sucks, we know, but you donâ€™t have to let it beat you. Follow the advice we have given you, and commit to further research for information on how to beat the age-related pains we discussed here.

Date Created

2020/04/02