

## How Back Pain Can Affect Your Everyday Life

### Description

A whopping 65 million Americans suffer from back pain from time to time. After all, depending on your lifestyle and level of activity, back pain can occur naturally. Perhaps, you've overtrained at the gym, or you've slept in an awkward position. This type of back pain tends to disappear as quickly as it appears within a day or two. More often than not, you can take a pain killer to lessen the blow.

However, some individuals are not as lucky when it comes to back pain. Approximately 8% of adults can experience chronic back pain. Persistent back pain is the 6th most expensive condition in the US. It can be linked to a variety of issues, including medical and environmental causes. Additionally, chronic pain can be handicapping in your day-to-day life. For many individuals, chronic pain evolves as a result of unhealthy lifestyle choices and decisions. Unfortunately, if you fail to identify the underlying cause of your pain, you are likely to perpetuate the phenomenon. When it's not something you can shush away with medication, your back pain becomes an obstacle to everyday gestures and needs in life. According to experts, 80% of the American population will experience back pain during their lifetime. You need to act quickly before it becomes a permanent handicap.



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## **You canâ€™t drive safely**

It might sound surprising, but back pain can be a significant obstacle to safe driving. Indeed, individuals with extreme back pain can find themselves unable to turn their heads behind the steering wheel. In other words, it means you canâ€™t check your surroundings safely. You are more likely to be involved in a collision as your blind corner grows significantly. As mentioned here, [iconmedicalcenters.com/miami/](#), such scenarios make it necessary to seek immediate medical attention from a car accident doctor. They can diagnose the condition and provide proper treatment accordingly. While it isnâ€™t a frequent occurrence, it is still possible for a driver with serious back pain to lose their driving license through [immediate threat revocation](#). Itâ€™s a situation in which authorities, either traffic or medical, agree that you are not in a position to drive safely. Unfortunately, it can be a difficult situation that is not manageable without professional legal representation.

## **You find it hard to stay productive**

When you spend over 10 hours at your desk every day, you can expect to develop back pain. Chronic back pain can dramatically affect business productivity. Individuals who struggle with recurring pain are more likely to take sick days to recover. Additionally, professionals who choose to stay in the office even though they are not feeling well are not able to make up for the lost days. Presenteeism is a phenomenon that refers to employees in the office who are distracted by their symptoms. Chronic back pain can [lose on average 16.7 minutes of productivity](#) every day. It also affects your decision-making process and your ability to collaborate effectively with other members of the team.

## **You canâ€™t play with the kids**

Do you have to turn down your childâ€™s requests to play because of a sore back? Parents who play with their children can build a trusted bond. Unfortunately, when you are not able to join them on the field or in the garden, the relationship with your children can suffer. Kids naturally become more distant as they canâ€™t share their favorite games with you. Besides, you also accidentally become a negative role model as children grow up learning to be inactive.

## **It puts your future health at risk**

As if chronic back pain wasnâ€™t enough, it also has long-term consequences on your health. Your back pain prevents you from maintaining a healthy and active lifestyle. Regular physical activities are crucial to your overall health and your immune system. Unfortunately, when pain keeps you inactive, it can also weaken your immune system, making you more vulnerable to infections and diseases. Additionally, it contributes to developing unhealthy coping habits, such as using food as a reward when you experience pain or relying on too much medication.

You canâ€™t end back pain in an instant. However, you can [reach out to a specialist](#), such as a chiropractor, to gain an understanding of your condition. Physiotherapy and massage therapy can help strengthen weaknesses in your back and help your body cope. Some find natural pain relief through plants like kratom which, judging [by geographical location](#), produces strains that highly effective at reducing pain. You can also find a personal trainer who can design a unique back strength program to build up muscles safely. It can be helpful to keep a journal to document your activities before

experiencing back pain. You might discover surprising correlations that can help transform your lifestyle.

Individuals who suffer from chronic pain often develop alternative coping mechanisms involving yoga, meditation, and low-impact activities to reduce pain. Back pain can dramatically affect your life, damaging your relationship with your family, affecting your professional performance, and putting your driving license at risk. Therefore, you don't want to waste time when it comes to handling pain and boosting your back health.

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