

The Lowdown on Lower Back Pain

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Many people experience lower back pain throughout their lives. There are many things that can cause this pain. This post delves into the different causes and the best forms of treatment for those experiencing pain.

What causes lower back pain?

Lower back pain is typically the result of the base of the spine being unable to support the weight above, causing a strain. It can also be due to poor posture when sitting or lifting. A few common causes of lower back pain include:

- Being overweight
- A sedentary lifestyle
- Heavy lifting with poor form
- Natural deterioration with age (although lifestyle can delay this)

What are the best ways to treat lower back pain?

If you experience lower back pain, there may be a few different ways in which you can reduce the pain:

Take anti-inflammatory medicines

Anti-inflammatory medication such as ibuprofen can be effective against mild back pain. More serious pain may require prescription medication. It is also possible to take herbal medication – the likes of turmeric and devil’s claw could be worth trying if you want a break from pills or if you’re looking for a supplementary form of pain relief.

See a chiropractor

[Experience expert chiropractic care at CARESPACE in Kitchener](#), or a clinic of a similar caliber in your area, and book an appointment with the professionals if you find that you’re always struggling with back discomfort. Spinal manipulation may help to reduce pain if you are experiencing lower back pain as it aims at realigning the spine and relieving pressure on nerves and muscles. However, it’s important to remember that this treatment should always be performed by a qualified [chiropractor](#).

Get a massage

A massage can help to improve blood flow and reduce muscle tension, all in all helping to combat inflammation and pain. Your best option when dealing with lower back pain is to book a professional massage at a clinic. It is possible to [massage your own lower back](#) using a foam roller or tennis ball. You can learn how to do this online.

Quit smoking

Smokers are nearly three times as likely to experience lower back pain. This is because smoking can increase inflammation and inhibit bone healing, making small strains and injuries more painful and

harder to recover from. By quitting smoking, you could find that your pain reduces.

Lose weight

Carrying extra weight on the upper half of your body puts more strain on your lower back. This isn't so much of a problem if the extra weight is muscles as the muscle will be able to support this extra weight. However, if the extra weight is fat and you've not got much muscle mass, you can expect your spine to take the strain. [Losing weight](#) could help to reduce the strain on your spine. It's worth exercising your core – not just to help lose weight, but to build muscle in and around your lower back.

Correct your posture

If you're constantly leaning forward over a desk, your lower back is more likely to get strained. Get into a habit of sitting up straight while at a desk by adjusting your seat properly. The same goes for driving. Posture is also important when lifting heavy things – instead of bending at your waist, try to always bend your knees and keep your back straight to minimize strain.

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