

New Fathers Guide: How to Get Rid of Your Unbearable Back Pain?

Description

“Fathers, like mothers, are not born. Men grow into fathers, and fathering is a very important stage in their development.”

— David Gottesman

A father’s role is as vital as that of a mother in upbringing a baby in an appropriate atmosphere. Where a mother is to take care of the baby in all manners, it’s a father who teaches the infant true learnings of life. From being a shield of protection to exposing the child to several life challenges, fathers are amazing; therefore, they should be appreciated.

Just like new mothers, new fathers do go through a delicate phase. Besides feeling a sense of responsibility, new fathers often sail through multiple health issues. Above all of them, fathers experience [back pain issues](#) the most. For once, it may sound like a common body problem, but in no time, it can turn into a massive loggerhead in surviving throughout the day.

What is the common reason for fathers to experience back pain after having a baby?

Undoubtedly, a newborn comes with a lot of excitement and happiness in one’s life. But don’t forget everything has two phases. And the other phase of becoming a new parent is spending sleepless nights, [dealing with the infant’s mood swings](#), changing diapers frequently, washing garments, feeding the baby, and so on. These things make the new parents feel exhausted, leading to headaches and back pain the most.

How to get rid of excessive back pain?

Lift the baby carefully — It’s common for new fathers to experience a degree of back pain after holding the baby frequently. Researchers prove that holding a baby makes fathers ultra-conscious about their posture. While comforting the baby, fathers often keep their body stiff for long, which results in back pain issues. Therefore, it’s wise to learn the proper manner of holding a baby while ensuring complete comfort for yourself. If you already have back pain, ensure to bend your knees when picking the baby from the car seat, bassinet, or cradle. Also, try to keep your back straight and try to hold the baby close to your body.

Work on your muscle development — Although your life may have gone a bit harsh on you, especially after welcoming a little life into your family. Still, make some extra efforts to start your exercise routine once again. If the conditions worsen, we recommend beginning with [Physiotherapy](#) to prepare your body for a hardcore workout. Moving forward, practice muscle strengthening exercises which are best to eliminate the chances of back pain.

When talking about the exercises, you can consider doing lat pulldown, single-arm dumbbell row, band pull apart, barbell deadlift, and much more.

The final line â€“

Being a new father is a lifetime experience to cherish. During this stage, most fathers neglect their health while preserving the baby at its best. However, itâ€™s a genuine feeling of every protective father, but at the same time, you need to remain in good shape. Therefore, practicing light exercises and keeping a check on your diet can help you sail through wisely.

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