

Simple and Effective Methods of Treating Back Pain

Those who suffer from back pain know how debilitating it can be, but there are a number of simple and effective methods of treating back pain for those who are seeking relief. While not all of these treatment options are ideal for everyone with back pain, they have been known to help quite a bit with reducing discomfort and increasing mobility.

Daily Stretches

One of the most simple and effective methods of treating back pain involves doing a variety of stretches that exercise different parts of the back. There are stretches for lower, upper, and middle back pain, and many of them can be very effective when it comes to reducing muscles aches and overall discomfort. It is important for those with chronic back pain to do stretches each day in order to prevent the problem from worsening as well as getting immediately relief.

Heat and Cold

Another simple and effective method of treating back pain involves applying a cold ice pack or heating pad. An ice pack is most effective 48 hours after the onset of the pain. Make sure to apply the ice pack for no longer than 20 minutes per session throughout the day. After the first two days after the pain has set in, you can switch to a heating pad, applying it similarly for 20 minutes per session. Heat and cold can be very effective elements when it comes to relieving back pain, so it is definitely something worth trying if you cannot find relief through medication or any other means.

Focus on your Posture

Poor posture is a common cause of back pain and it is important for those with this problem to make sure that they are mindful of the position they take when sitting and standing. By working to correct your posture, you can reduce back pain and prevent further problems down the road. There are a number of products that can help to correct your posture while you are sitting, and many of them work very well.

Exercise

Although stretching can be very effective when it comes to relieving and preventing back pain, cardiovascular exercise, such as walking, running, and even swimming, can be very good for your back. If you choose to walk or run on a regular basis, make sure you have the correct posture so you can avoid making the problem even worse.

Change the way you Sleep

The position you sleep in when you go to bed can have a dramatic effect on your back and for some people it can cause them pain or discomfort. Sleeping on your back is the best option, and while some people may find it difficult and unfamiliar at first, it is important to get into the habit of doing this each night. If you typically sleep on your side, try putting a pillow between your knees so as to make it easier for your muscles to relax.

Back pain can be either a minor annoyance or debilitating handicap, but these simple and effective methods of treating back pain are good treatment options for those who want to finally get the relief they need.