Are You Struggling with Lower Back Pain?

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Back pain is experienced by majority people. This occurs between ages 30 and 50 and is very much a part of the aging and also owing to sedentary life styles. Lower back pain is not usual among pre-teen children. Yet, bags overloaded with books can cause back strain. This can be avoided by lifting the bags by bending both knees or buying a bag with wheels.

Lower back pain causes

The muscle elasticity and bone strength tends to decrease with age. The discs lose flexibility and fluid, decreasing their ability. This is the reason pain occurs on overstretching or lifting something heavy. It causes strain in the back muscles and ruptures the disc resulting in irritated nerve roots and results in back pain.

Lower back pain can also be due to degenerative conditions such as osteoporosis, arthritis, viral infections, congenital abnormalities and joints irritation. Even weight gain, smoking, stress, obesity, poor posture, poor physical condition and bad sleeping position can also cause low back pain. People with diabetes may have serious back pain or down the leg radiating pain.

Diagnose back pain

There are various diagnostic methods to confirm low back pain cause:

â€¢ X-ray imaging helps diagnosing back pain cause. A conventional x-ray confirms broken bones, but injured muscles or bulging disc is not visible.

â€¢ Discography is injecting a dye in the spinal canal so that fractures or herniated discs are visible on x-ray.

â€¢ CT-Computerized Tomography is a painless process. The exam is conducted at the hospital or imaging center by passing x-rays at various angles through the body.

â€¢ MRI- creates magnetic field and this helps in identifying the need for surgical treatment.

â€¢ Bone scans show irregular bone areas and monitor infection or bone disorders.

â€¢ Ultra sounding imaging is also known as Sonography. This produces sound waves and shows tears in muscles, ligaments and tendons.

Tips to quick relief

Back pain relief is a must and this can be avoided by going everyday on speed walking for 30 minutes, stationary bike riding or swimming to increase muscle flexibility and strength. Some of the steps to strengthen lower back are:

â€¢ Stretch before exercise or any other physical activity.

â€¢ Ensure you work in a comfortable surface that meets your height.

â€¢ Avoid slouching such that on standing keep your weight on the feet.

â€¢ Use comfortable chairs offering proper position and lumbar support to keep your shoulders back. Periodically walk around and switch sitting positions so that muscles relieve tension.

â€¢ Avoid wearing low-heeled shoes.

â€¢ Sleep on firm surface and on your side.

â€¢ Avoid lifting too heavy objects and do not unnecessarily twist your body.

â€¢ Have proper diet with intake of vitamin D, phosphorous and calcium so that it promotes bone growth.

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