Understanding Lower Back Pain by David G. Harris

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Back pain is a common condition suffered by people all over the world. While, it is a general belief that it is people over the age of 40 who are more at risk of developing lower back pain, this condition has been commonly reported even in those way below this age group, like in their 30s or even 20s. The condition is normally characterized by a nagging discomfort in the lower back area, which renders a person unable to sit, stand or even lie down for prolonged period without feeling some kind of pain, be it throbbing or pinching; mild or acute.

Lumbar strain happens to be one of the chief causes of lower back pain. This happens when the tendons, ligaments or muscles of the lower back region gets stressed because of various reasons. Usually the pain originates as a result of microscopic tears that happen in the mentioned areas because of over stretching, which is an inevitable effect of overuse, improper use and trauma of the lower back. Some of the common reasons of over stretching can be mentioned as follows:-

â€¢ Lifting heavy objects regularly without warming up before, or in the wrong way

â€¢ Wrong, unguided or misguided exercising (like strength training, weight lifting, rowing etc)

â€¢ Wearing the wrong shoes that result in improper gait (like stilettos for women, and very flat sandals for those with arched feet)

â€¢ Wrong sitting and standing posture (affects those who have a sitting desk job) etc

â€¢ Falling down on hard surface (like concrete, tiled floor, stair case etc.)

Severe damage of the vertebrae of the back bone can lead to the most undesirable spinal cord injuries. The easiest way to avoid this unfortunate situation is to go for a thorough check up when such pain is experienced in the very first case. It is necessary to know that no back pain is too simple to be neglected. It is best to treat it when the pain is minor, and not let it escalate to something acute and chronic.

Treatment to lower back pain is much simpler than treatment for spinal cord injuries. When at the bud, this pain can be done away with simple approaches that can be named as follows:-

â€¢ Simple over the counter pain medication

â€¢ Localized heat applications

â€¢ Massage (by professionals only)

â€¢ Simple exercises (post treatment) to increase strength and endurance of lower back

â€¢ Posture correction (sitting and standing)

â€¢ Simple diet changes

After initial consultation with the doctor, these treatments can be continued with ease at home. As has been the popular belief for ages, it is really not necessary to spend a long time at bed rest as an attempt to cure lower back pain. In fact, prolonged bed rest can act as an impediment to treatment.

Self treatment to any form of pain in the back is not recommended. It should be left to the doctors to diagnose what has happened with the back and suggest remedies accordingly.

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David G. Harris is popular a back pain center with many years of experience. He finds interest in writing as well and has written many a health article covering diversified topics such as back pain, a lower back pain etc. To know more about him and his topics, check out a http://www.spinetherapys.com/.

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