

Leave Your Back Pain Behind



More than 90% of back pain is caused by muscle weakness in the core (back and abdomen). The majority of back pain is preventable. You can distinguish pain from recurring by maintaining proper alignment, posture, and by strengthening muscles in your core

Medical experts have found that lower back pain is caused by the abnormal demands made on our backs by modern lifestyle habits. Sitting, slouching, driving, little exercise, being overweight and chronic stress contribute to the occurrence of back pain. Below are some tips to help to prevent and overcome lower back pain

Pristine Posture.

The first step is to become aware of your body so that you recognize the tension in your muscles. Stand and sit with your shoulders rolled back and lowered away from your ears. Always remember to sit and stand upright. You should put minimal strain on the muscles of your lower back by sitting or standing with your spine in its natural curve.

Make all the Right Moves.

Lift using your leg muscles, not your arms and back. If you need to pick up something heavy, like groceries, weights or a packed suitcase, bend at your knee and lift keeping your back straight and your chest up. Distribute the weight you are carrying more evenly by using a backpack rather than a shoulder bag.

Eye Level.

Bring your work, computer screen, food or reading to a position that allows you to keep your eyes straight ahead and your head high with your chin up, doing this will not allow you to crane your neck forward.

Sleep on Your Side.

Sleeping on your stomach tends to make your stomach sag, arching your back increasing the lumbar curve. Doing so may cause unnecessary pain. Sleeping on your back also tends to increase the lumbar curve and may be similarly uncomfortable. Try Sleeping on your side with legs bent at knees. This tends to minimize the spinal stress by straightening the lumbar curve. Also place one or two pillows under your knee. The pillow under your knee will pull your hips upwards, flattening the lumbar curve and reducing the tension in this area.

Lighten Up.

If you are overweight, loose the extra load on your back and tension on your lumbar spine. Begin with 30 minutes of cardiovascular exercise for at least 3-5 times a week to shed extra weight, maintain a [well balanced and healthy diet](#). Aerobic, exercise is probably the best kind of exercise for preventing back pain. By dropping unnecessary weight, you can reverse the poor physical conditioning that contributes to back pain.

Strengthen Your Abs.

Your abdominal muscles are the core of your fitness. The muscles in the core run from your pubic bones to your breast bone, the criss-cross at your navel, and wrap in a band around your waist. Feel these muscles tighten whenever you perform exercises like crunches, or bicycle sit-ups, and drawing your belly button in towards your chest.

Take a Break.

Don't sit tight and avoid sitting in a chair for longer than 20 minutes at a time. Follow the 20/20 rule. Every 20 minutes get up and move around for 20 seconds. Don't sit with a flat wallet in your back pocket. It can exert pressure on the sciatic nerve which can lead to pain in the back and down the legs.