



# Live Well, Work Well

Health and wellness tips for your work, home and life.



## TIPS FOR MANAGING BACK PAIN

If you suffer from back pain, you're not alone. Nearly 80% of people will suffer from back pain at some point in their lives, according to a study conducted by The Lancet medical journal. But just because you're experiencing back pain now doesn't mean you will be in pain forever. Consider these tips to manage the pain and start incorporating healthy habits for your back into your everyday routine.

### Maintain Correct Posture

It's beneficial to maintain a correct posture when performing physical activities. Such activities may include playing sports or performing a job that requires repetitive motions, such as lifting. If you're sitting a lot during the day, avoid slouching by trying to keep your spine erect.

### Stretch Your Muscles

Stretching can be a great way to relieve back pain. It's also beneficial for preventing future issues. It's essential to do a variety of stretches for your back, including:

- Lying flat on your back and pulling your knees to your chest.
- Lying flat on your back with your arms outstretched in a "T" position, bending one knee and twisting in the direction of your straight leg while trying to touch your bent knee to the floor.
- Lying on your stomach with your arms stretched overhead and lifting your chest or legs off the floor.

### Maintain a Healthy Weight

A healthy weight is different for everyone, so speak with a doctor to find out what that looks like. Being overweight can increase the strain on your lower back, especially as you get older. Follow your doctor's guidelines for a diet and exercise regimen that keeps you in your healthy range.

### Consider Over-the-Counter Pain Relievers

Over-the-counter pain relievers can help reduce back pain and any swelling. Drugs such as aspirin, ibuprofen and naproxen are the most recommended due to their anti-inflammatory properties. Be sure to check with your doctor before taking any medications for your back pain.

### Explore All Options

There is no one way to manage back pain. Everyone's back is different, as is the root of back pain. Talk with your doctor about exploring options such as:

- Physical therapy
- Working with a chiropractor
- Undergoing acupuncture
- Changing your diet

Not every type of care will fit your needs, so exploring your options is essential. You may even need a combination of options.

### **Conclusion**

Managing your back pain is an individualized experience. There may be additional methods your doctor recommends to treat your back pain; don't hesitate to explore your options with proper guidance. For further questions and information about managing back pain, reach out to your provider.