

BACK PAIN EXPLAINED



**DON'T BE A SILENT SUFFERER,
FIND OUT THE CAUSES OF
BACK PAIN AND GET ON THE
ROAD TO PAIN FREEDOM**

Please feel free to forward this guide to family friends or anyone else you feel may benefit. Other websites feel free to add your resource box as long as bendyback.net remains intact.

Important Information, Please Read

DISCLAIMER

Back pain can be a sign of serious problems. Complementary therapy and self-help are no substitute for diagnosis by a qualified medical practitioner.

This book has been designed to provide information on complementary health issues. The information provided is NOT medical advice or diagnosis and cannot substitute for advice from a medical practitioner.

Your doctor or medical practitioner should be consulted at all times as your prime source of medical care and to check any action you decide to take from reading this site.

In particular you should NEVER stop taking prescribed medication without the consent of your doctor.

While every care has been taken to provide accurate information, visitors to this site take responsibility for the use of information published here, and on any other linked sites.

GENERAL COMMENTS

Any accident that causes a back pain or strain should initially be referred to a Doctor. Back damage can be as simple as sitting incorrectly, a sudden twist or turn, falling onto the back or even damaging ribs. Doctors will not usually consider that you are wasting their time - if they do, change your Doctor.

It is also important not to self medicate except perhaps using paracetamol for the pain as long as you are not allergic to them. Using anti-inflammatory medication can be extremely dangerous if taken on an empty stomach and could result in severe bleeding.

Another advantage of visiting your Doctor is that he can advise on any medication that will not conflict with any other medication or condition that you may be suffering.

PREVENTING / AVOIDING BACK PAIN

When it comes to preventing back pain, there are several things that you can do. In fact, using prevention measures is the best way to deal with this nasty problem. Bearing in mind, prevention is much easier and less painful than treating a pain in your back. The good news is that you can easily avoid many bouts of backache by introducing some simple changes in your lifestyle. Following are some proven prevention tips in this regard, more can be found at www.bendybackpainfree.net

Build Your Core Muscle Groups

The first step for preventing back pain is to provide flexibility and strength to your body, which you can do by building your core muscle groups. Here, core refers to the muscles around your back and abdomen. Your spine gets support and stability from these core muscle groups. The simplest way to build your body strength is to practice core strengthening exercises regularly, such as Pilates, which has been found to be very effective in preventing injuries and fatigue that may lead to back pain.

Low-Impact Exercises

There are several low-impact exercises that have been specifically designed to build flexibility and strength in your body - particularly, aerobic strength. Therefore, if you are serious about preventing back pain, you are recommended to build a habit of walking and swimming regularly, which are the best examples of low-impact aerobic exercises. One consideration is that long term swimming exercise, although good can result in muscle changes to fat when ceasing this exercise.

The Choice Of Shoes Matters

Very few people know that the type of shoes they wear may also become a possible cause for backache. Therefore, you must be very careful while choosing your shoes. Choose appropriate shoes - avoid shoes without support or with excessively high heels (mainly women). Bad shoes may result in injuries, thus causing severe back pain. Check with your Doctor if you have high insteps as this can aggravate back damage and consequent pain due to bad posture, this can also create arthritic problems.

Quit Smoking

You may be surprised to know that smoking and back pain are also correlated. When you smoke, your body is robbed of oxygen - making you more susceptible to injuries. Worse, injuries caused in this way are very difficult to treat. Therefore, when trying to prevent back pain, you must also consider quitting smoking.

Appropriate Body Weight

Maintaining an appropriate body weight is also very important in this regard. Your body weight must be in the right proportion to your age, build, and height. If you have excessive weight, you are highly susceptible to backache and related injuries.

Try Back-Friendly Positions While You Sleep

You must also be very careful about your sleeping position. Sleeping in the wrong position is also one of the most common causes of back pain. If you are already suffering from backache, wrong sleeping patterns may aggravate the problem. Therefore, it will be a good idea to put a pillow between your knees while you sleep. You should also choose sleeping positions that avoid steep angles to your head, neck, and shoulders. The use of a back-friendly mattress for sleeping can also help in preventing back pain.

CAUSES OF BACK PAIN

As much as we would like to make best out of life and be as healthy as possible, we will sometimes have the bad luck to experience some of the most common health symptoms in life. Back pain is no exception to this rule. Every person has at some time complained about feeling pain from a slight strain on their back. This feeling can prevent us from carrying through important tasks both at work and at home. Eventually you will have no choice but to endure the pain and to find something to make it go away. Instead of dealing with these types of health issues once you are already experiencing them, it is also good to know what causes back pain. Knowing what causes back pain will eventually help you prevent the symptom from recurring. Below are some causes:

Poor Body Posture

Sometimes you find yourself slouching a little to help relax your tight muscles or to stretch your body to make you feel less sleepy. Whatever your reason for not standing upright or sitting with your back in a slouching position, you should watch the way you settle your body. As you learn what causes back pain, you will also realise that having a poor posture often leads to more serious health problems.

One of the most common causes of back pain is poor posture. The body gets used to being held in a certain position, one that puts a lot of pressure on one part of the spine, typically the lumbar spine, and, over time the strain develops into a musculo-skeletal problem resulting in acute pain.



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By the time back pain becomes a problem, the postural problems are most probably in a chronic phase. The body's muscle memory has got so used to holding the body in that poor posture that the body thinks it is a normal state to be in.

The body's muscles need to be re-trained to hold the body in the correct posture, which will relieve a lot of back pain because a correctly aligned spine will be carrying the body's weight the way it was designed to.

Wrong Lifts

Whether you are carrying a few shopping bags or lifting your newborn baby up from his crib, you should be careful when lifting weights. This also applies when doing any building or renovation work which is not part of your usual routine. If your body is not properly oriented by the nerves of an incoming action, this may cause a muscle spasm, which often occurs at the back of the human body. Making sure that you properly carry things will help prevent back damage and pain in the future. In understanding what causes back pain, you will also comprehend that lifting weights – even small weights can easily strain the body, which is why these tasks must be taken with utmost care.

Lack of Exercise

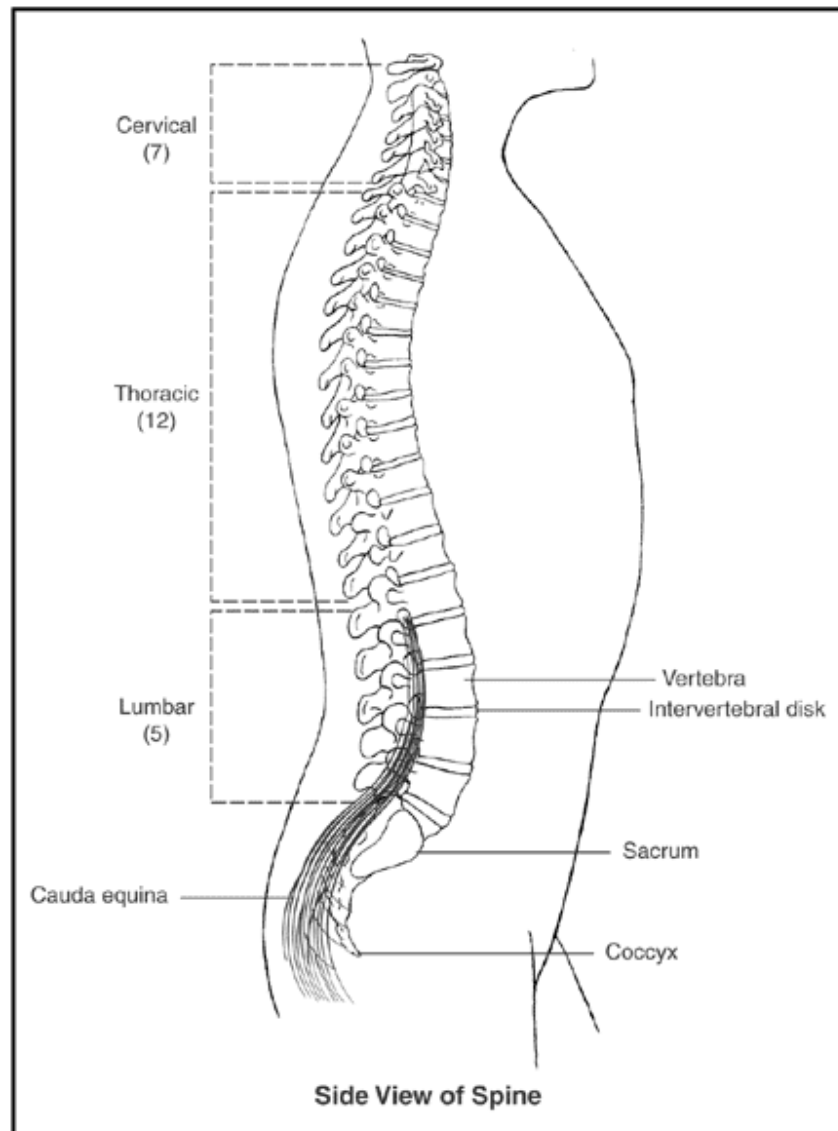
Lying around the house the all day, can be a main cause of back pain. The muscles and bones in your body needs constant refreshing through a series of stretches and workout routines. Not being able to exercise may make your muscles more sensitive even with the smallest amount of physical work.

BACK PAIN RELIEF

TAIJQUAN MARTIAL ART

Taijquan is a form of martial arts and whilst it could help it is a long term solution and would be costly in money and time.

Regular practise of Taijiquan can help to relieve the stress on the spine and its supporting muscles. Relaxation and correct alignment re-train the body's supporting muscles. Emphasis is placed on alignment and relaxation. Both are needed to start the process of re-training the body to hold itself correctly. Relaxation allows the back and spine to be more mobile, thus relieving pressure on the vertebrae and discs which help prevent discs from slipping. The muscular relaxation also prevents muscles from becoming over-stressed from having to carry too much tension.



Once the body starts to relax, the body can then change its alignment as the added range of motion will make the muscles and skeleton slightly more malleable allowing the spine to move into the correct shape to carry the body. It is obvious that the body cannot release the tension built up over a period of years in a matter of days.

It is important to note that relaxation of the big supporting muscles of the body allows more of the muscles of the core to work together to help support you, thus resulting in a lower weight load for each muscle on average. It is this that will allow you more flexibility in your spine and more range of motion, which will then allow achievement of better alignment and relief of back pain.

Massage and chiropractors are good solutions to acute back pain, but if the body is not somehow re-trained to support itself properly the misalignment and poor posture will

remain, and this will inevitably cause more back pain in the future. Understanding muscle imbalance is a subject covered in more detail at www.bendybackpainfree.net.



How to sit correctly

If you work in an office, you can avoid injuries by sitting properly and arranging equipment at your desk correctly. It is also essential that you complete a workstation assessment every time there is a change of desk or equipment. Any shortcomings should then be addressed by your employer.



Healthy back at work

LOWER BACK PAIN

Lower back pain is one of the most common neurological ailments and is a condition that affects 80% of the world's population. There can be several causes for it but mainly, it occurs as a part of the ageing process. You may also suffer from this kind of backache because of a sedentary life style. When you consult a doctor about your backache, you should tell him/her in detail about your problem. Therefore, it is very important for you to be aware of the various aspects associated with this type of pain.

How does lower back pain suddenly inflict itself on people? Well, it does not happen overnight. Backache is something that builds up over time and chances are you don't even know you've got it until you're laid up in bed in agony.

What causes lower back pain?

The majority of lower back pain cases can be traced back to an instance earlier in your lifetime. It may have been an injury you sustained that was not properly treated, muscle strain, overuse or ligament damage. Obviously there are many more causes but these are the most common and easiest to treat without surgery.

If this is the case your doctor or GP will probably prescribe you pain killers or anti-inflammatories. However, if you really want to cure lower back pain, you need to put the work in doing exercises, physiotherapy or pay a chiropractor to work your back into shape.

For those of you who aren't keen on spending a small fortune on a chiropractor, you are in luck! There are other methods, exercises and stretches that are available to you which will help you cure lower back pain. If you keep your back in good condition, you won't get a sore back later on in life. Exercises and common sense are the best prevention.

Working Conditions

Your working conditions play a very important role in this regard. For example, if you are working for long hours while sitting in a chair and if the chair is not ergonomically perfect, it may lead to certain back problems. In most of such cases, the pain does not stay longer than a week or so. However, when the pain is left unchecked or untreated, it may lead to some serious condition, which might take a longer time to resolve.

Acute Cases

If the pain goes away within a few weeks, it is termed as acute lower back pain which is mostly mechanical in nature, and can be caused by certain disorders, for instance arthritis, or because of a trauma, such as sports injuries or stress on the spine. In pre-teen children heavy schoolbags are very likely to strain their back. The symptoms may range from an inability (or difficulty) to stand straight, limited range of motion, limited flexibility, stabbing or shooting pain. Acute pain syndrome should never be left untreated, as doing so may make the problem more severe. Besides that, it is also very important for you to understand that sometimes, you may feel pain in your lower back, not because your lower back is hurt but because of a problem elsewhere in the body. Therefore, you must explain everything clearly to your doctor so that he/she can diagnose the root cause of the problem.

Chronic Cases

In order to decide whether the lower back pain is acute or chronic, the duration of the pain is measured. For example, if the pain persists for longer than two months, it will be considered as a chronic case. This usually happens when you do not treat the backache at the right time. In such cases, it is very difficult to diagnose the actual root cause of the pain. A variety of pain relief is available from the pain free shop at www.bendybackpainfree.net

Possible Causes

The possible causes for this kind of pain may include the aging process, injury and trauma, bone lesions, muscle problems, nerve irritation, scar tissue, congenital abnormalities in the spine, irritation to joints and discs, viral infections, osteoporosis or other bone diseases, and osteoarthritis. There are several other factors as well that may lead to this problem. These factors may include wrong sleeping position, poor physical condition or posture, stress, smoking, and obesity or weight gain.

Sometimes lower back pain can be a very serious problem, especially if the person is also suffering from progressive weakness, pain when coughing, loss of bowel or bladder control, or fever. An understanding of lower back pain management is necessary to get proper relief.

What can I do to prevent back pain?

Most low back pain can get better if you stay active. Avoid placing yourself in situations that will aggravate your pain. Don't twist unnecessarily when doing daily tasks or housework. When you are no longer in severe pain, you should be strengthening the stomach, back and legs. Exercises will help you recover faster and give you relief at the same time. This will also prevent permanent damage later in life.



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Exercises are not complicated and can be done at home. Start off with light exercises, these will probably be painful but will ease as the days go by. Gradually increase your activity level, don't stay at the same pace or you will not recover and it could do more harm than good.

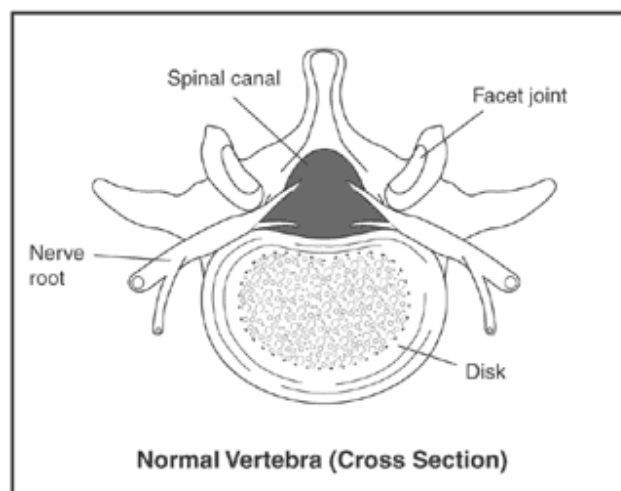
UPPER BACK PAIN

A misaligned rib can occur due to something as mundane as an acute coughing fit. Are you among those unfortunate people who have consulted numerous doctors to demystify the cause for a misaligned rib and rid you of the upper back pain, without any success so far? The factors causing back pain, whether in the upper back or the lower, can be quite a mystery for the suffering patients as well as the doctors treating them. Back pain can be harmful to other parts of the body as well and conversely, back pain can also be due to problems in other body parts, e.g. the heart or the neck.

If your doctor or the chiropractor you have consulted detects the cause of the upper back pain as a misaligned rib, don't be surprised. A misaligned rib linked to upper back pain is fairly common and is treatable. It is not a situation that will heal by itself.

More about the vertebrae and ribs

Pain in the upper back that has been identified as being due to a misaligned rib can make it quite painful to even breathe or walk. Not just this, a simple activity like twisting or turning the upper body can be painful in the extreme. This is because the upper back, also called the Thoracic, has twelve vertebrae that have two ribs attached to each of them, i.e. twelve ribs each on both right and left sides. The two lowest ribs in the ribcage are known in medical terms as Floating Ribs, because unlike the other ribs that are attached to the sternum or sternum cartilage, the Floating ribs are attached just to the vertebrae. Just as adjoining connecting vertebrae can get misaligned, so can the ribs and thoracic vertebrae, leading to upper back pain.



Getting the cure

As a patient having back pain, do not attempt to self-treat the misaligned rib or dampen the back pain with painkillers to avoid visiting the doctor. Prescription painkillers will only mask the back pain; the root cause of your upper back pain, namely, the misaligned will still be there. Only a doctor will be able to administer the correct treatment or refer you to a chiropractor or physiotherapist to correctly align the ribs. While there is a chance that a misaligned rib that has been treated may occur again in the future, the probability is not very high. Upper back pain or even back pain can occur due to a number of reasons, including stress, so consider what you can do to relieve the stress in your life.



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UPPER BACK PAIN

Upper back pain, also known as thoracic back pain, used to be less common than lower back or lumbar pain. That is not the case at present. The percentage of people complaining of upper back pains has increased. The intricacies of that anatomical region make it more worthy of medical attention. Thoracic back pain presents many symptoms similar to that found in patients suffering from lumbar back pain. Arthritis also affects the upper back area. Pulled muscles and disc problems might also arise. Since the thoracic back secures the thoracic cavity, a discomfort in it is greatly linked with the aches and pains of the lungs and as well as the organs. If one part hurts, it might also cause a corresponding pain in the surrounding areas.

For example, coughing attributed to a congested lung might not be an isolated problem for it also causes the ribs to become sore, the head to hurt and ultimately the back to become painful. This in turn would make it hard for an individual to enjoy his daily activities and even simple task such as picking up a piece of paper from the floor may prove painful.

Upper back or thoracic back pain is usually caused by incorrect posture such as slouching or straining the muscles like in the case of carrying very heavy objects. Most people do not take into account that poor or incorrect posture can set off upper back pains. Even the way a person bends instigate a shooting pain in the upper torso.

Some illnesses, like pneumonia and arthritis, might also cause upper back pain. Take pneumonia as an example. An upper respiratory infection caused by bacteria, virus, parasites, fungi, etc., such as pneumonia concerns the lungs as well. Physical manifestations of such illnesses include difficulty in breathing, coughing, pain in the chest area and fever. So a person infected with pneumonia may attribute the upper back pain to it.

Rib fractures will almost certainly trigger back pains. Since the ribs are instrumental in securing the upper portion of the body, whatever happens to it will also greatly affect the adjoining organs or body parts. A fracture in the ribs might entail having a crack or a splinter in the bone/bones which are found in the structure also known as the thoracic cage. Rib fractures commonly occur in the middle ribs. These are usually due to direct trauma such as when a hard object e.g. baseball bat hits your middle ribs directly and with great force. It can also be a product of indirect crushing injury. Even prolonged heavy coughing might cause a chip in the ribs. It can also be caused by medical conditions such as cancer, infections and other diseases. The presence of osteoporosis and other diseases of the bones will further aggravate the situation. Upper back pain, a rasping sound or painful lungs when moving or breathing, might be an indication of fractured ribs. Since there no prescribed treatment for a cracked ribs, this condition is usually managed by installing supportive structures and the administration of painkillers.

Treating persistent back pain

Back to basics



Take paracetamol and keep moving

Simple painkillers are better than spinal manipulation or anti-inflammatory drugs to cure a bad back, reported *The Daily Telegraph* and other newspapers. “Visiting a chiropractor for a bad back may be a waste of time and money,” the newspaper said. *The Daily Mail* adds, “Patients get better just as quickly if they simply stay active and take a mild painkiller such as paracetamol.”

The story is based on a well-conducted study in people who had persistent, acute, mild back pain. The researchers compared stronger painkillers and spinal manipulation with continued conservative treatment (paracetamol and advice about avoiding bed rest and remaining active and so on). The study suggests that neither spinal manipulation nor strong painkillers are more effective than conservative treatment including paracetamol for acute back pain. Heal and soothe is a natural alternative. Read the review at www.bendybackpainfree.net

Where did the story come from?

Dr Mark Hancock and colleagues from the University of Sydney conducted this research. The study was funded by Australia’s National Health and Medical Research Council and was published in the peer-reviewed medical journal *The Lancet*.

What kind of scientific study was this?

This was a randomised controlled trial comparing four different types of treatment in 240 people. All of the participants had already seen their GP about their back pain and had been given advice and paracetamol to treat it. The patients were then randomised to:

- diclofenac (an anti-inflammatory painkiller) and sham (fake) manipulation therapy,
- spinal manipulation therapy and a placebo drug,
- both diclofenac and spinal manipulation, or
- placebo drug and sham manipulation.

Diclofenac (50mg) was given twice daily and spinal manipulation treatment took place two or three times a week, to a maximum of 12 treatments in four weeks. The sham manipulation therapy was performed using detuned ultrasound (which means ultrasound treatment that is not genuine, i.e. a placebo). This type of sham treatment was used so that the time spent and the contact with the physiotherapist was the same for all the groups.

There is no additional benefit from stronger anti-inflammatory painkillers or spinal manipulation

The participants completed a daily pain diary where they rated their pain that day on a scale of 0 (no pain) to 10 (maximum pain). The researchers compared the groups using "time to recovery"; this was defined as either the first pain-free day (i.e. a score of 0), or the first seven consecutive days in which the patient had a pain score of 0 or 1. Participants were contacted by telephone at weeks 1, 2, 4 and 12 to collect their pain scores. Any side effects experienced by the participants were also recorded at these time points.

What were the results of the study?

The study found that there was no difference between the groups in terms of time to recovery. This means that receiving additional treatment (anti-inflammatory drugs, spinal manipulation or both) appeared to be no better than continuing to follow advice to stay active and to take paracetamol (which is the recommended way to treat acute back pain in the first instance). All groups took between 13 and 16 days to recover from their acute back pain.

What interpretations did the researchers draw from these results?

The researchers conclude that when "quality baseline care is provided" (giving advice about remaining active, avoiding bed rest and taking paracetamol), there is no additional benefit from stronger anti-inflammatory painkillers or spinal manipulation.

What does the NHS Knowledge Service make of this study?

The findings of this study may have implications for policies on treating back pain with spinal manipulation. International guidelines recommend treatment with advice and paracetamol first, then anti-inflammatory drugs and spinal manipulation if that's not effective. There are some points to keep in mind when interpreting the results, but overall the study suggests that anti-inflammatory drugs or spinal manipulation or both do not reduce time to recovery when compared with continuing with standard initial care (i.e. advice and paracetamol).

- As the study was conducted in Australia, there may be some issues with generalising the findings to the way spinal manipulation is delivered in the UK.
- The spinal manipulation in this study was conducted by trained physiotherapists (not chiropractors, as the news stories might imply). Importantly, spinal manipulation was not associated with any serious side effects.
- Participants were not completely compliant about taking painkillers. They took about two-thirds of the prescribed dose of paracetamol and about 70% of the prescribed diclofenac dose. However, compliance rates did not differ between the groups (i.e. they're not likely to have affected the relative treatment effects found in the study).
- The chiropractic and physiotherapy treatment experience is not just about manipulation; it also includes lifestyle advice and advice about posture, rehabilitation and specific exercises. The study addressed only the manipulation part of this package and did not assess the benefits of these other aspects.

For people with simple back pain – a common and debilitating condition – it may seem intuitive that more intensive treatments should be tried in people who do not respond to simple measures. This study challenges that thought and adds to the mounting evidence that simple painkillers, staying active and allowing time to heal are best for most people.

Sir Muir Gray adds...

Sir Muir Gray is Chief Knowledge Office of Britain's National Health Service. He says: "In general, use as little medicine as possible, delay using medicine to see if you will get better, then give the simplest medicine a good shot before seeking more intensive treatments. "

MUSCLE SPASMS

Muscle spasms have been one of the most common causes of lower back pain. The medical world is still not sure what exactly causes spasms, but as per the recent research and studies, some of the possible factors that may lead to muscle spasms include stretching too much, carrying a heavy object improperly, and mental stress. Back spasms are usually more common in those who live sedentary lifestyles. There are certain symptoms that may indicate that the pain in your lower back has actually

been caused by spasms. Some of these symptoms include sharp shooting pains and inability to bend in certain directions. The following tips and suggestions can be very helpful in treating such condition.

Consult Your Doctor

The first step in treating such lower back pain problems is to consult your doctor immediately after you notice frequent occurrences of spasms, such as more than once every month. You are strongly recommended not to overlook such problems because the spasms occurring without any specific reason may indicate a severe underlying condition.

Maintain An Up-Right Position

People with such conditions often have the temptation to lie on their back, but if you want to get relief, you must try to maintain an upright position. It is very important for you to understand that the spasms may last much longer if you lie still most of the times - it only intensifies the pain.

Gentle Movement

If you want to make the spasms subside, you should try to keep your movements gentle. For example, if bending or twisting results in sharp lower back pain, you should avoid turning too much - walk as straight as you can. Likewise, if spasms hit while you are lying on your back, you should first roll on your side and then prop yourself up to get off the bed using your arms. Walk slowly and straight if the spasms hit while in standing position.

Choose Your Activities Carefully

You are advised not to indulge in activities that may make your back tense up. For example, you should avoid activities like picking something up by bending down or sucking in your stomach. If you really have to pick something up, the best way is to spread your legs and then squat to reach down while keeping the back straight.



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Sitting For Long Hours

If you have to sit for long hours while you work, using a stability ball in your chair can be a great idea to relieve lower back pain caused by muscle spasms. You should sit on the chair with your legs spread.

Overall, following the above tips consistently will help relieve your lower back pain.

BACK and NECK PAIN

As we get older, back and neck pain becomes more common. Our bodies change and previously routine tasks can become painful. Unfortunately, pain in the back and neck not only affects our physical health; it can disrupt work, exercise, and your other daily activities. In fact, the condition is one of the leading causes of visits to the doctor and one of the most common reasons for people missing work.

Fortunately, while back and neck pain can make your life awfully difficult, many cases are treatable without resorting to surgery. There are certain steps you can take in order to handle the issues that may arise as a result of back and neck pain. These measures will not only help relieve the pain but also help you reduce the likelihood of recurrences of this condition. And if you haven't progressed to the point of serious pain yet, there are ways to keep your condition from getting worse.

What Causes Upper Back and Neck Pain?

In most instances, back and neck pain is caused by strains or other injuries to the muscles and ligaments surrounding the spinal column. These, in turn, may be worsened by sports injuries or a sudden increase in physical activity to which you are not accustomed or because your body does not react the same way to activities you've done in the past without problem.

Another possible cause of your back and neck pain is the degenerative change that your spine undergoes as we age. Your spinal column is made up of individual bones (vertebrae) that are joined together by the discs, joints and ligaments. All these combine to form the strong but flexible structure of your spine.



As a person ages, ligaments and muscles can become less flexible and discs can become less soft and provide less cushioning. So back and neck pain may occur as a result of the wear and tear of your body over time. The number one cause of these degenerative changes is movement. Motion causes the neck (cervical) and the lower parts (lumbar) of the spine to gradually break down. Since you can't stop moving, you need to find ways to help support your back during these movements. This is of course a chicken and egg situation so it will be necessary to temper movement and rest

Treatment

Back and neck pain is a highly treatable, but do be sure to check with a medical professional or back specialist before taking any action on your own. Your back is vulnerable and essential therefore you should not take any action without consultation.

The most common therapy for back and neck pain is medication with pain-killing or anti-inflammatory properties. However, a regular routine of exercise and stretching can also help reduce the pain, then strengthen your back so the pain won't come back, or get worse. There are also natural pain killers that can help reduce the pain and improve the healing process like **heal and soothe** available at www.bendybackpainfree.net

Physical therapy is also another option. Hot or cold compresses may be applied to the area affected in order to alleviate the pain. Other modalities may also be used, including the application of electric impulses in order to override the muscular spasms that so often characterize back and neck pain.

If you have morning back pain, it is being caused by your back adjusting to a new misalignment. You could just as easily have moved your back in the right direction with a simple extension exercise before bed.

All too often back pain is met with the attitude that someone else must fix it. Modern medicine and advertising has convinced everyone that you must have a medical degree or a prescription pad in order to deal with pain. It is your body, your pain, and your responsibility to do what it takes to make it go away.

If you suffer from severe pain in the mornings, you will feel it all day to a greater or lesser extent. If this is the case you have progressed to the point of chronic inflammation and you must be prepared to suffer with it for a long time if you don't correct the problem.

Anti-inflammatory drugs and pain killers may help you function through the problem, but they do nothing to address it; only mask the symptoms. You can be sure that the pain will return, only worse and longer in duration.

Your morning back pain may just change to overnight healing that addresses the cause of the pain and corrects it over time. The Healthy Back Institute can help with this – more information at www.bendybackpainfree.net

BACK PAIN EXERCISES

Millions of people around the world suffer from back pain, spending a small fortune on medications, vitamins and surgical treatments that just do not work. Many people are not aware that there are tried and tested exercises that have been shown to prevent muscular aches and sciatica. Below are the 3 best exercises found to prevent back pain.



Exercise # 1:

In the early morning and before bed time lie on the floor and one leg at a time bring your knee to your chest and hold it there for two minutes. Remember to do this when you wake up and before you go to bed.

Exercise # 2:

Again in the early morning and before you go to bed at night lie on your stomach and gently push your upper torso off of the floor while leaving your pelvis and lower torso on the floor. This exercise is known as the cobra in the world of yoga and McKenzie extension in lying in the Physical Therapy world. Hold this position for one minute then relax for a minute then repeat if for one more minute.

Exercise # 3:

There is no better exercise than riding a bicycle riding to strengthen the core muscles of the body. Bike riding strengthens the abdominal muscles, leg muscles and even the gluteus muscles and back muscles. These muscles help support the spine and the spinal discs and prevent injuries to the low back.

These are considered the best and easiest exercises that you can do every day to prevent those aches and pains.

The first two exercises stretch and elongate the spine and help decompress the spine and un-pinch nerves and the third exercise strengthens all the core muscles of the body to help prevent injuries.

There are many more exercises available to ease and prevent back pain which should be available from your local Physiotherapy department along with advice.

BACK PAIN MEDICATION

With a higher proportion of the population now reaching retirement age, chronic back pain has become one of the most prevalent health issues which doctors are called upon to treat. If your back pain has reached the point where you think it is no longer manageable without medication, you should educate yourself on the various back pain medications available. By doing so, you will be able to give a clear description that will help your doctor prescribe the correct back pain medication regime for you.

Back pain medication, even for those who do not like the idea of using medication of any kind, may sometimes be necessary. Unless you decrease your back pain enough to regain mobility, your entire body will lose conditioning and you will have a very difficult time becoming active again once the condition causing your back pain has subsided.

Types of Back Pain Medication

Before taking any drugs ensure that you check with your doctor or pharmacist if these drugs will not have any adverse effects with any other drugs that you may be taking for other medical conditions.

There are several families of back pain medication, both over-the-counter and prescription. They include anti-inflammatories, muscle relaxants, opioids, and acetaminophen.

Some of the most traditional and common forms of back pain medication are anti-inflammatory drugs, acetaminophen, opioids and muscle relaxants. Acetaminophen is the "official" name for Tylenol, Phenaphen, and Anacin-3, and its analgesic properties make it very useful as back pain medication. However beware because all these drugs have other designed uses e.g. Aspirin thins the blood for heart conditions.

Anti-inflammatories stimulate the healing process and reduce pain and swelling. Naproxen, ibuprofen, and even humble aspirin are anti-inflammatories, and are effective as back pain medication because they can ease inflamed spinal nerves.

Opioids are appropriate only in the most severe cases of back pain; they are morphine derivatives and extremely addictive. But for those who have chronic, untreatable back

pain, they may be a last resort back pain medication. They must be prescribed by a doctor. **Do not under any circumstances try to obtain these from any non-prescription sources as they could be dangerous.**

Muscle relaxants are used to treat those whose back muscles have gone into spasm as they try to protect an injured area. One of the most common causes of back pain comes from back muscles which attempt to do the job of injured tissue and end up becoming stressed themselves.

A muscle relaxant is a **back pain medication** which will target the back muscles in spasm and get them to release their tension; once they are relaxed, not only will the back pain be decreased significantly, the muscles will once again work properly so that you will be mobile enough to begin back exercises, or have chiropractic manipulation.

While back pain medication is not the solution to back pain, it can certainly be an effective aid in helping a back pain sufferer heal enough to treat the real cause of the his or her problem.

Please feel free to forward this guide to family friends or anyone else you feel may benefit. Other websites, feel free to add your resource box as long as bendyback.net remains intact.