

Title:  
Back Pain

Word Count:  
574

Summary:  
An article providing information on what causes back pain along with crucial tips on how to avoid it.

Keywords:  
back pain, pain

Article Body:  
Back pain is one thing most likely to elicit a twinge of sympathy from the hardest of hearts.

You could get an attack at any point along the spine, especially the lower back area which takes the most abuse.

Blame it on your Lifestyle

An important factor and one that is entirely in your hands, is lifestyle. For instance, improper posture is a major cause of back pain.

Bad posture is the biggest culprit. Desk jobs mean sitting for hours before computers where we are often slumped over.

Sit up

Chairs with gaps at the lower back level are deadly - avoid them. And if you think you are invulnerable, stop sitting.

Get up and Walk around

Sitting anywhere, anyhow, for long periods means that dangerous pressure points develop along the spine.

The golden rule is to get up and walk around every 15-20 minutes. When on a long drive, get out of the car every hour.

It's not a high heel

Avoid regular use of high heels - they hamper good posture, ruin your body's alignment and hurt your feet.

Stressed Out

The modern-day stress epidemic is another factor since back pain can be psychosomatic. Stress causes muscle tension.

Weak stomach muscles heighten back strain and cause your pelvis to twist abnormally. Regular aerobic exercise helps.

Don't over Exercise

Doctors receive many back-pain patients who are victims of improperly-trained gym instructors who push them too hard.

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