

Title:

Back Pain Relief

Word Count:

936

Summary:

Many of us experience pain in the lower back without knowing its cause. Back pain can sometimes

Keywords:

muscle relaxant medication,natural pain relief,back pain relief,anti inflammatory drugs

Article Body:

A common problem with many adults is back pain. Many of us experience back pain caused by our

Slipped Disk or Herniated Disk

When a disk between the bones of the spine swells or bulges and starts pressing on nerves, a s

Natural Pain Relief

Treatment options for Herniated disk or Slipped disk can fall into Non-surgical or Surgical me

When sleeping, the best position is to sleep on your side with your knees bent. A pillow unde

Proper sitting position can help provide back pain relief. Choose chairs with straight backs

Driving for long hours can strain your back. Try to sit straight by moving the seat forward t

People whose work requires them to stand for a long period of time must find a way to rest one

To relax painful muscle spasms, try using heating pads for 20 to 30 minutes at a time. Likewi

Pain Medication

Muscle relaxant medications and anti-inflammatory drugs may be used to relieve pain and discom

Surgical Method

When nonsurgical therapy does not ease your discomfort or the pain is getting worse and becomi

Rehabilitation

Rehabilitation program may vary depending on the procedure the patient went through and the do

- * Exercises to strengthen your lower back and abdominal muscles
- * Exercises to improve your posture
- * Stretches to increase the flexibility of your spine and legs
- * Exercises to maintain your cardiovascular conditioning while you recover

Prolonged bed rest is not advised as it can lead to a decrease in your overall physical condit

indeed, back pain relief and the alleviation of other body aches is not impossible. Various dr

Available at <http://www.sanface.com/txt2pdf.html>