

Title:

Back Pain and Blue Collar Jobs

Word Count:

496

Summary:

Having low back pain is now prevalent among people in blue collar jobs. A variety

Keywords:

Muscle Relaxant

Article Body:

Low back pain is one of the oldest occupational health problems in history and one of the most

Low back pain is a muscular and skeletal ailment that afflicts millions of people around the w

To determine the severity of low back pain, you may use the following parameters to see how ^b

- 1 Acute Low back pain last less than 6 weeks
- 1 Sub-Acute Low back pain between 6 and 12 weeks
- 1 Chronic Low back pain persists for more than 12 weeks

The good news is that there are a variety of treatments for back pain. One of the easiest way

These are other helpful tips, procedures and strategies on back pain relief that you may want

- 1 Apply a cold pack to the painful area for 5-10 minutes at time
- 1 Use an heating pad on the painful area if the pain is still there within a few days
- 1 Protect your back. Avoid sudden turning or bending. Go on with your usual activities a
avoid bed rest
- 1 Get expert professional treatments
- 1 Nonprescription Pain Medications
- 1 Spinal Manipulation
- 1 Get a massage
- 1 Try acupuncture
- 1 Traction treatments
- 1 Biofeedback
- 1 Back Belts and Corsets
- 1 Injections into the back

Certainly, back pain relief goes beyond office furniture and medication. The cause of back pa

But surely, regardless of the severity or degree of back pain, it is always best to consult a

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