

Easing Lower Back Pain

There are many causes of lower back pain. Normally, this type of disorder is associated with a disorder of the spinal column, rather than specific illness or injury. It's not easy to treat, because there can be no definitive treatments when it's so hard to pinpoint the initial causes.

Fortunately for those who suffer from lower back pain, episodes tend to be of relative short duration. In fact, most occurrences of lower back pain last from several days to a few weeks, and rarely last more than three months. For chronic back pain that lasts longer than several months, it's advisable to seek the advice of a medical professional to rule out any underlying disorders.

There are several methods that can be quite effective in easing lower back pain. Prescription medications, over-the-counter drugs, massage therapy, acupuncture and exercise can all bring welcome relief.

If you suffer from lower back pain, consider the following treatment options:

Home Remedies

This first line of treatment is often all you need to find relief. Visit your library or search online for home remedies that are proven in easing lower back pain.

Over the Counter Medication

Many non-prescription medications can help to take the edge off of your pain. Aspirin, ibuprofen and acetaminophen are popular choices. Consult your pharmacist to find out about the proper dosage and possible side effects before taking any over-the-counter medication.

Cold/Hot Compress

People who suffer with back pain swear by the effectiveness of hot and cold compresses. When using this method, the secret to success is in alternating the treatments. Begin with a cold compress, and leave it on for five to ten minutes at a time. Follow with a warming treatment, such as a heating pad or hot water bottle. This method of easing lower back pain relief treatment is advisable if you have been suffering from the pain for 24-48 hours.

Constant Motion

While some therapists will advise you to rest your sore back, this should be done for no more than two days. After that period, your muscles will begin to weaken, and your back pain will actually increase. Motion, on the other hand, keeps your muscles strong and better able to support your aching back. As painful as it may be to carry on with your daily activities, it's extremely important to do so. On the other hand, it's important to protect your back from excessive strain and avoid strenuous activities until your pain subsides and the underlying condition has healed.

Exercise

Similarly, physical exercise is a great way to ease pain and stay strong. The exercises considered best for pain management are those which involve fluid movement and aerobic activity:

- * Swimming
- * Working out on a stationary bicycle
- * Stretching, yoga and other flexibility exercises
- * Walking short distances.

Professional Treatment

Therapists can't always offer assistance in easing lower back pain, because there is usually no injury or abnormality to treat. Therefore, the number of professional treatment options is fairly limited. Your doctor may choose to conduct a radiological examination or take X-rays to determine the actual condition of your back. These tests will rule out the possibility of abnormalities in the vertebrae, such as misaligned bones and herniated or ruptured discs. Should your tests reveal that there is a spinal abnormality, surgery may be considered.

Back surgery is a risky undertaking, and should be thought of as a last resort. Before going under the knife, try one of these simpler ways of easing back pain. You should find the relief that you need.