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BACK PAIN

A GENERAL OVERVIEW OF CAUSES OF BACK PAIN FOR NORTH AMERICANS

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VOLUME 1: Back Pain Education

Chronic back pain is something that many people experience. This condition can really have a negative effect on an individual's quality of live. Those who suffer back pain on a regular basis are unable to do many of the things that they enjoy doing. Due to the seriousness of chronic back pain, it is highly recommended that everyone endeavours to avoid it.

By educating oneself about some of the more common causes of back pain, you may be able to take steps to prevent yourself from experiencing it. Here are some of the common causes of back pain.

Poor posture – this is one of the most current and common causes of back pain for young people.



Younger Individuals

Poor back posture over a lengthy period of time can result in the accumulation of undue stress on your back. Poor back posture puts strain on the areas of your back that are not built to take it. Over time, this strain will take its toll and result to painful areas all over your back. In order to avoid this, you must assume the correct posture while sitting, standing or walking.



Injuries and Medical conditions

A general overview of some causes of chronic back pain. More in depth explanation in future Articles.

Regardless of what you are doing, you should always endeavour to keep your back vertebrae stacked and aligned. Avoid slouching, crouching or leaning back too far, past the ability of your muscular strength. A straight back is a healthy back that is usually free of pain. So daily postural maintenance and postural awareness should be a priority in your life. This includes improving or maintaining abdominal-back strength and flexibility. (More specific recommendations in future volumes.)

Age – as people grow older, if not maintained through the proper exercise regime and nutritional consumption (calcium and vitamin D) our muscles and bones grow weaker. One of the major parts of our bodies that noticeably deteriorates with age are our spinal vertebrae.

Over time, it can be more and more difficult for us to keep our backs straight. This means that we tend to take up bad posture as we grow older. If you couple bad posture with weaker bones and muscles, this can lead to severe back pain that occurs on a regular basis.

As you grow older, it is very important that you find ways to maintain your bones and muscles.

Medical conditions – all back pain does not stem from the muscles and bones of your back. There are also instances that other medical issues may cause the back pain.

Bladder problems and liver problems are known to cause discomfort and pain, due to the pressure they cause, if they are inflamed.

Certain viral infections, obesity, degeneration disease and genetic abnormalities can also cause back pain. Pregnancy may also include back pain as one of the causes.

Injuries – various injuries can result to back pain even if the injury has already healed. There are many sports injuries that result to **chronic back pain** long after the actual injury has been treated and healed. At times the only treatment for this kind of back pain is a regular dose of doctor prescribed medication, regular manual massage treatment or a combination of both. Those who suffer severe back injuries may also need to go through extensive physical therapy. Always consult a medical professional when chronic back pain and insist on having the correct referral for your situation.

**SMARTER
HEALTH
EDUCATION:**



Educating yourself and your health and fitness condition in North America is highly desirable. With fab diets and exercise protocols being presented on social media platforms and online, confusion is his. ALWAYS CONSULT YOUR DOCTOR OR LOCAL CERTIFIED MEDICAL CONSULTANT.

This newsletter in one of 3 Volumes to come.
Volume 1- Back Health
Volume 2- Hollistic Eating
Volume 3- Mental Health

