

Download Why Does My Back Hurt So Much

Small Changes Can Reduce Low Back Pain. Back problems can be prevented most of the time. It is certainly easier to prevent a back injury by taking the appropriate measures, and small changes can reduce low back pain. Work every day to have good posture, watch how you lift things, take time to de-stress, and take good care of your body. Back pain is a symptom not a diagnosis. There are many problems causing back pain. The pain ranges from relative minor problem to very severe, debilitating pain. Either way, if the problem affect your life you may consult with spine specialist (i use this term intentionally - this is a doctor who specializes in treatment of back problems). Here are the top causes of low back pain and tips for prevention. ... See your doctor and get treated for low back pain early on, so you can stay moving and keep active. ... Why Does Your Back ... My Back Hurts! 7 Steps to Solving Back Pain. If you are a side sleeper, use a pillow to put in between your legs, to balance out the weight of your legs from pulling the muscles in your back. You can use a pillow you have at home, or you can buy one of the specially designed pillows for just this type of pain.