

MEDICAL BULLETIN
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BACK PAIN

Back pain is a common condition that affects millions of people worldwide. It can be caused by a variety of factors, including poor posture, muscle strains or sprains, herniated discs, arthritis, and spinal stenosis.

In most cases, back pain is a self-limited condition that can be treated with rest, ice or heat therapy, over-the-counter pain medications, and gentle exercises or physical therapy. However, in some cases, medical treatment may be necessary, such as prescription pain medications, steroid injections, or surgery.



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PREVENTION TIPS

Prevention of back pain involves maintaining good posture, engaging in regular exercise, maintaining a healthy weight, avoiding prolonged sitting or standing, and using proper lifting techniques when lifting heavy objects. It is also important to seek medical attention if back pain is severe or persistent, or if it is accompanied by other symptoms, such as fever, weakness, or numbness.

1. Practice good posture: Maintaining a proper posture helps to distribute the weight of your body evenly, reducing the strain on your back.
2. Exercise regularly: Regular exercise helps to strengthen the muscles that support your spine, reducing the risk of injury and improving your flexibility.
3. Maintain a healthy weight: Excess weight can put additional stress on your back, increasing the risk of injury and pain.
4. Avoid prolonged sitting or standing: Prolonged sitting or standing can cause stress on your back muscles, leading to pain and discomfort. Take frequent breaks and stretch throughout the day.
5. Use proper lifting techniques: When lifting heavy objects, bend at the knees and lift with your legs, rather than your back. Avoid twisting while lifting, and ask for help if an object is too heavy.
6. Sleep on a supportive mattress: A firm mattress provides better support for your spine, reducing the risk of back pain.
7. Quit smoking: Smoking can reduce blood flow to the spine, reducing the nutrients and oxygen needed for a healthy spine.
8. Manage stress: Stress can cause tension in your back muscles, leading to pain and discomfort. Practice stress management techniques, such as deep breathing, meditation, or yoga.
9. Stay hydrated: Drinking enough water helps to keep your muscles and joints lubricated, reducing the risk of injury and pain.

By following these preventive measures, you can reduce the risk of developing back pain and maintain a healthy spine.

