



Back Pain Cause, and How to Prevent It

Whether you're office-based at a desk most of the day or take a more physical approach to life as a sport or leisure enthusiast, the risk of back strain is ever-present. Tension to your back can build up over time or happen suddenly, and as a result the aches and pains can make every day tasks that you used to take for granted seem unbearable. Back pain affects many people across the UK, with some suffering from such an ailment for months, and in worse cases, often years.

That's why if you're a sufferer of back pain – regularly or not – you should try to understand the basics of how the body works, and more importantly, what you can do to prevent such pain in the future. To help, we've put together some top tips to help you overcome the problem, and outline when you should seek assistance if the problem persists.

Sitting Down

If you spend a large amount of time sitting down and experience pains in the lower or upper back, there's a high chance that the cause of the pain is down to posture. Some of the methods below are proven to minimise these pains, but if the problem doesn't go away, do contact your physiotherapist to establish what might be the root of the pain

- ✓ Adjust your seat if appropriate
- ✓ Straighten your back and shoulders whilst sitting (pretend you have a ruler down your spine)
- ✓ Get up regularly and walk around
- ✓ Vary your tasks throughout the day and make small changes (such as taking the stairs rather than the lift)

Exercise

Taking part in physical activity can result in a few pains and aches, and often there's a thin line between knowing what's *good pain* and what's *bad pain*. To make it easier to determine and establish the root of your pain, check whether you have any of the below symptoms during or after exercise...

The 'Good' Type of Pains and Aches:

- 👍 **Pain during exercise** | sometimes a dull ache can occur during exercises that you're familiar with but just haven't done in a little while, or if you're trying a new one out for the first time perhaps. But this is usually nothing to worry about, and is short-term
- 👍 **Pain after exercise** | if you're experiencing pain after an exercise this too is usually a good sign, because it's your body's way of adapting to becoming fitter

And the 'Bad' Types of Pains:

- 👎 **Specific movements** | if you're undertaking exercise and you feel a pain whilst doing a certain movement each and every time, this can be a sign that you're not doing it as you should. Take a break and ask a professional about how you should be doing it properly
- 👎 **Pre-workout pains** | an existing pain can often be the trigger for another pain, especially during exercise. If you have a bad elbow for example, and experience unusual pain on the wrist during exercise, there can be connections and reasons behind this. It's worth researching or speaking to someone who may be able to help
- 👎 **Out of the blue pains** | any sharp, acute, stabbing and sudden pains are a red flag. This is an indication that something is wrong during your exercise, and you should see someone immediately
- 👎 **Localised pains** | again, if you're doing an exercise – take tricep dips as an example – and suddenly experience discomfort in one area or on one arm, it can be a cause for concern. A common cause can be muscle failure, and it's worth seeking help

- 👉 **And finally, overdoing it** | delayed onset muscle soreness can occur after exercise, usually on the second day, but it can be anything up to four days. Not allowing the body to recover is often the reason for this
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Watch Your Weight

Being overweight can significantly increase the chance of back pains and aches. This is because your spine and back have to deal with the extra weight, and it is often working more to maintain balance and posture. If you have any issues with weight management, do consult your doctor or physiotherapist who may be able to help mitigate the pains and help you to establish a healthy weight and BMI

- In Summary -

The top three best ways to minimise risk of back pain are:

- ✓ undertake regular exercise (properly)
- ✓ maintain a healthy weight and BMI
- ✓ make positive changes to your posture

And, you should seek assistance if:

- ✓ you feel a tingling sensation / numbness
- ✓ are experiencing severe back pain, which isn't improving with exercise or rest
- ✓ after falling or sustaining an injury

If you'd like to find out further information, or would like to arrange a consultation with a member of our team, please do get in touch on 01952 605 828 or visit www.lilleshall.com and we'd be happy to help.

