

How to Stop Back Pain

Step 1 Exercise regularly. Keeping the abdominal muscles strong lends support to a back that might be otherwise susceptible to strain. Walking and swimming are excellent preventative ways to ward off back pain.

Step 2 See a chiropractor. These spinal doctors address your back pain on the most basic level, and provide relief and healing rather than just numbing the problem with painkillers. A chiropractor uses gentle manipulation techniques to keep your spine properly aligned, reducing the body's inflammation and strengthening your entire immune system in the process.

Step 3 Stretch. If you sit at a desk all day long, stand up at least every hour to touch your toes, stretch your sides, etc. Muscles become fatigued and stressed when they are held in the same position for too long.

Step 4 Stay hydrated. Drinking plenty of water will help flush away acidic waste product from the muscles, lessening the chances of irritation and pain.

Step 5 Maintain proper posture. The healthy spine is not actually straight. It curves inward at the neck, outward at the chest, and back inward at the lower back, with the two curves balancing one another to ensure that the strain of gravity will be distributed evenly. An unbalance in these two curves leads to the joints, muscles and ligaments having to work harder than necessary to support the weight of the body and head. To avoid the resulting pain and fatigue, stand so that the center of the head, shoulder, torso, knees and feet line up vertically.

Step 6 Maintain a healthy body weight. People who are overweight are far more likely to suffer from back pain due to the stress of carrying around excess pounds. Stick to a healthy diet and exercise routine to ward off undue back pain.

Step 7 Sit properly. Use a chair that provides support for your lower back. While sitting for an extended period of time, adjust the seat or use a short stool to keep your knees slightly higher than your hips. Avoid twisting at the waist; using your whole body to turn will lessen the chance of a strain.