

# How to Manage Lower Back Pain?



Lower back pain has become a common problem in adults, and the changing lifestyle is among the commonest reasons for that. Persistent lower back pain could be the cause of spinal problems and if the problem becomes serious, surgery may be required.

Orthopedic surgeries do require [trauma implants](#) and in the case of spinal surgeries, special Spine Implants depending upon the condition are used.

To prevent making the condition worse, it is advised to consult the doctor in time and take measures to manage back pain. In this post, we will discuss some of the important and workable ways to manage lower back pain. Let us have a look at what those ways are.

## Tips to Improve Lower Back Pain

### 1. Maintain Active Lifestyle

As we've said above changing lifestyle is one of the biggest reasons for lower back pain in most individuals. Poor body posture while sitting or sleeping, a

sedentary lifestyle, and stress are among the reasons for back pain. So, the first and most important way to improve back pain or even prevent it from reoccurrence is to maintain an active lifestyle.

For that, you need to maintain your workout routine and that is only possible when you come out of your comfort zone. Depending upon your condition, it is advised to make walking a habit. If the pain is mild, you can also do cycling regularly. But to achieve results, you are required to be consistent with what you are doing.

## **2. Do Back Stretches**

Making it a routine to do back stretches also helps improve lower back pain while improving the strength and flexibility of muscles. Here, we are talking about simple stretches that you can do at home. There is no need to join a gym for that. For this, you can consult a physiotherapist as he could guide you with that. Again, it is advised to be regular with the exercises.

## **3. Heat and Cold Therapy**

This technique is better in improving moderate to severe pain along with swelling. But you must remember that using heat or cold therapy can only provide temporary relief.

It is also known to be a great way of relieving back pain caused by sore muscles. For heat therapy, you can either take a warm bath, use a heat pack on the affected area, or place a bottle filled with hot water.

When it comes to cold therapy, one can either use a cold pack or ice wrapped in a towel. Remember, do not apply ice directly on the skin as it may result in cold burns.

## **4. Over-The-Counter-Medicines**

When the pain is severe or it does not improve with the above-mentioned ways, it is advised to take over-the-counter medicines as they can provide quick relief. You can also use topical ointments in the form of cream or gel. If the pain is persistent or still does not improve, immediately consult a specialist.

For the content source, contact Siora Surgicals Pvt. Ltd., an experienced orthopedic implant manufacturer in India. The company holds expertise in producing an extensive range of trauma implants in stainless steel and titanium. Siora is also praised for being a regular exhibitor at various medical expos that take place across the globe. This year, FIME [Medical Trade Show Miami](#) will be Siora's destination from 27 to 29<sup>th</sup> July 2022.

### **Contact Information:**

**Siora Surgicals Pvt. Ltd.**

**Address:** WZ- 1, 2nd Floor, Phool Bagh, RamPura New Delhi, India

**Mobile:** +(91)-9810021264

**Email:** [online@siora.net](mailto:online@siora.net)

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