

Back Pain

About 80 percent of adults suffer from lower back pain from time to time.

What causes lower back pain?

- Sprains and strains
- Slipped or ruptured intervertebral disc
- Radiculopathy is a condition caused by compression, inflammation and/or injury to a spinal nerve root
- A traumatic injury, such as from playing sports, car accidents, or a fall
- Spinal stenosis is a narrowing of the spinal column that puts pressure on the spinal cord and nerves
- Tumors
- Kidney stones
- Osteoporosis
- Improper posture

Ways To Relieve Back Pain:

- Ice may be applied at any time. Use ice for 10-20 minutes, placing a wet towel between the ice bag and your body.
- Heat is *not recommended* for the first 48 hours after the onset of back pain. After 48 hours, using heat or ice generally depends on what feels best to you. Use heat for a maximum of 20 minutes at a time.
- Physical activity to strengthen core muscle groups that support the low back, improve mobility and flexibility, and promote proper positioning and posture. Bed rest should be limited
- Medications / steroid injection
- Acupuncture
- Surgery

Prevention:

- Always stretch before exercise
- Don't slouch when standing or sitting.
- Make sure work surfaces are at a comfortable height.
- Sit in a chair with good lumbar support and proper position and height for the task. Keep shoulders back.
- Wear comfortable, low-heeled shoes.
- Don't try to lift objects that are too heavy.
- Maintain proper nutrition and diet to reduce and prevent excessive weight gain.
- Quit smoking. Smoking reduces blood flow to the lower spine, increases the risk of osteoporosis and impedes healing.

To know more about proper posture and simple exercise to relieve/ prevent back pain, kindly click <https://uhs.umich.edu/back-care>

背痛

大约 80% 的成年人不时患有背痛。

什么原因导致背痛?

- 扭伤和拉伤
- 椎间盘滑动或破裂
- 神经根疾病 - 由脊柱神经根的压迫，炎症和/或损伤引起的病症
- 创伤，例如运动，车祸或跌倒
- 脊柱狭窄，对脊髓和神经施加压力
- 肿瘤
- 肾结石
- 骨质疏松症
- 姿势不当

缓解背部疼痛的方法:

- 冰敷 10-20 分钟，将湿毛巾放在冰袋和身体之间。
- 在背部疼痛发作后的前 48 小时内不建议热敷。48 小时后，使用热敷或冰敷通常取决于最适合您的方式。建议热敷少于 20 分钟。
- 身体活动，以加强核心肌肉群，支持腰部，提高灵活性，并促进适当的定位和姿势。限制过久的卧床休息
- 药物/类固醇注射
- 针灸
- 手术

预防:

- 运动前做伸展 活动
- 站立或坐着时请勿慵懒。
- 确保工作台面处于舒适的高度。
- 坐在椅子上，腰部有良好的支撑，适合活动的位置和高度。保持肩膀向后。
- 穿舒适的低跟鞋。
- 请勿尝试抬起太重的物体。
- 适当的营养和饮食，以减少和防止体重过度增加。
- 戒烟。吸烟会减少血液流向下脊柱，增加骨质疏松症的风险并阻碍愈合。

要了解更多关于正确的姿势和简单的运动来缓解/预防背部疼痛，请点击 <https://uhs.umich.edu/back-care>