

Lower Back Pain: Symptoms And Remedies

Back Pain or discomfort in the lower portion of our back and the spinal column is a common phenomenon and can be largely attributed to our changing lifestyles. Wrong posture or inadequate exercise is most often the cause of the pain in the lower spinal column. The treatment of such a pain can vary from a simple over the counter medicine to surgery depending on the severity and the cause. The back pain is generally felt in the lumbar and the sacral region and can also affect other areas. A sprain in the muscles or the ligaments constituting the lower portion of the spine can be the most common cause of backache. Some of the other problems that involve pain in the lower back are disc degeneration due to arthritis or ageing, spondylitis, infections and tumors. In most of the cases the back pain is localized in the lower back and vanishes after some time. However, it may even extend to the buttock or the leg on the affected side. In cases wherein the pain is persistent and increases with time or results in weakness in the foot or loss of bladder control- proper medical check up becomes essential. In some cases stiffness or persistent back pain around the spine can disturb your sleep resulting in further problems like tiredness. Such problems can be rectified by the use of pillows designed to maintain our body posture and thus ensure proper sleep. The use of the wrong type of mattresses can also affect the body posture and result in back pain.

About the Author

Learn about natural health remedies and how alternative health supplements can prevent, treat and cure a number of diseases and conditions.

Source: <http://www.productsherbal.com>