

# Are you Suffering from Back Pain?

## Try these 9 Simple Tips For Quick Relief

### Author's Bio:

I'm Julie Zapata, a dedicated physical therapist with over 23 years of experience. My journey began with a desire to overcome the limitations of the healthcare system and provide exceptional care.

Through **Higher Physical Therapy**, I've created a space where you can achieve best physical health without relying on medication or surgeries.

My goal? To help people stay active and get moving by easing their pain.

With a passion for working with Patients of different age groups, I've developed a unique approach to exercise, manual therapy, and healing.

As I always say, "*Movement is the key to unlocking a life of vitality,*" and together, we'll open that door.

## Suffering from Back Pain? Try these 9 Simple Tips For Quick Relief

Back pain is a common problem affecting millions of people worldwide and making their everyday lives uncomfortable and frustrating. Getting rid of back pain can feel like a difficult fight, whether caused by bad posture, muscle strain, or a medical problem.

Today, I will give you 9 easy ways to ease your back pain and get you back on track to a life without pain. So say goodbye to those sore muscles and hello to a better, happy you!

## 1. Start an interval walking program

[An NCBI study from 2012](#) says that walking is a low-impact workout that helps build your muscles, improve your blood flow, and make your back less stiff. Starting an **interval walking routine** is one of the easiest and most effective ways to ease back pain.

- To start an interval walking program, begin with a warm-up by walking at a moderate pace for 5 minutes.
- Then, increase your speed to a brisk walk for 1-2 minutes before slowing down again to a more relaxed pace.
- Repeat this cycle of brisk walking followed by slower walking for about 20-30 minutes.

### Can't walk for so long?

If you have severe back pain, I recommend starting with 5-10 minutes of walking, 2-3 times per day, at least 2-3 days per week, and gradually increasing the length each week until you can walk for 20 minutes, three times a day, every day, if possible.

If 5 minutes is too long, start with whatever you can manage and gradually build up each week's duration.

Interval walking not only helps alleviate back pain but also offers cardiovascular benefits. It allows you to gradually build endurance without putting excessive strain on your back. Plus, it's easy to incorporate into your daily routine – simply lace up your shoes and head out for a stroll around the neighborhood or park.

## 2. Maintain a good posture

Maintaining good posture is crucial for alleviating and preventing back pain. It's easy to slouch or hunch over, especially when sitting at a desk or using electronic devices for extended periods. However, poor posture puts unnecessary strain on your back muscles and can lead to discomfort. Start by being mindful of how you sit and stand to improve your posture. Sit up straight with your shoulders relaxed and aligned with your ears. Avoid crossing your legs or sitting in one position for too long. If you work at a desk, ensure it is ergonomically set up to support proper posture.

When standing, distribute your weight evenly on both feet and engage your core muscles to keep yourself upright. Imagine a string pulling the top of your head towards the ceiling, lengthening your spine.

### 3. Place a pillow between your knees and ankles while sleeping

When we sleep on our sides, there is often a gap between our knees and ankles. This misalignment can cause strain on the muscles and joints in the lower back, leading to discomfort and pain. Placing a pillow between your knees and ankles helps to fill this gap, **align the spine, and reduce pressure on the lower back and hips.**

The pillow acts as a support system, keeping your legs in line with your pelvis and preventing them from rotating inward or outward. Maintaining this neutral position alleviates stress on the surrounding muscles and ligaments.

Furthermore, sleeping with a pillow between your knees can **help relieve hip pain** by reducing pressure on the hip joint.

*Note: Patients diagnosed with lumbar radiculopathy, sciatica, or piriformis syndrome may benefit greatly from this, in my experience. Instead of buying an expensive wedge cushion, see whether your current pillow may provide enough support for your knees and ankles.*

### 4. It's time to throw out your old mattress

Are you tossing and turning all night, trying to find a comfortable position that eases your back pain? Well, it's time to remove that old mattress and memory foam mattress pad. Even though they may have made you feel good before, they may now hurt your back.

Memory foam beds are known for molding the shape of your body, but if they're too soft or worn out, they can sag in some places and not give your spine the support it needs. This can throw off your balance and put more pressure on the muscles in your back.

## 5. Use a Supportive Mattress

Change your old mattress for one with more support, like an orthopedic or medium-firm option. These kinds of beds strike a good mix between relaxation and the way they support your spine. They help spread your weight properly across your body and keep the natural curve of your spine.

Using a sleeping pad that gives you support can also make a difference. Look for one that has more padding without giving up its rigidity. This will help ease pressure spots and keep your spine in the right position all night.

## 6. Drink enough water

Yes, you did read it correctly! To ease the stiffness in your back, you need to drink enough water. Your spine discs can also lose water when you don't drink enough water. This can put more pressure on the nerves and muscles in your back, which can cause back pain.

To combat this, drink plenty of water throughout the day. Aim for at least eight glasses or 64 ounces of water daily. If you struggle to remember to drink enough water, try setting reminders or carrying a reusable water bottle with you wherever you go.

Additionally, staying hydrated can help maintain healthy blood circulation and promote faster healing if you have any existing injuries or strains in your back. It also helps flush out toxins from your body that may contribute to inflammation and pain.

While other beverages like soda or coffee may be tempting, they can dehydrate your body further due to their diuretic effects. So stick primarily with good old H<sub>2</sub>O!

## 7. Use Ice or Heat

When it comes to easing back pain, ice, and heat can be your best friends. But which one should you use? Well, it depends on the type of pain you're experiencing.

- **If your back pain is due to inflammation**, such as after an acute injury or a flare-up of a chronic condition like arthritis, then applying ice is usually the way to go. Ice helps to reduce swelling and numb the area, providing relief from both the pain and inflammation.

- **If your back pain is more muscular**, like tight muscles or muscle spasms, heat therapy may be more effective. Applying heat helps to relax the muscles and increase blood flow to the area, promoting healing and soothing discomfort.

If one method doesn't alleviate your back pain, try switching things up with the other option. And as always, consult with a healthcare professional if your symptoms persist or worsen over time.

## 8. Seek Physical Therapy

If you have tried all the above tips and your back pain is not relieved – it's time to see a physiotherapist. Physical therapy can be a game-changer when it comes to easing back pain. This treatment approach focuses on **improving mobility, reducing pain, and increasing strength** through targeted exercises and techniques.

A skilled therapist will assess your condition and create a personalized treatment plan to address your unique back issues.

The best way to relieve back pain is to seek professional help and practice conservative tips (above described). Follow through with all recommended exercises during sessions and at home as your therapist prescribes. Over time with dedicated effort towards rehabilitation goals set forth by professionals - improvement should become noticeable!

## 9. Stretch and Strengthen Your Back

Stretching and strengthening your back can effectively alleviate back pain and improve overall spinal health.

The cat-cow stretch is one simple stretch that can help relieve tension in the lower back.

- Start on all fours with your hands aligned under your shoulders and knees under your hips.
- As you inhale, lift your tailbone towards the ceiling, arching your back like a cat.
- Then as you exhale, drop your belly towards the floor and lift your head and chest upwards into a cow pose.

Another beneficial exercise is the **bridge pose**.

- Lie on your back with your knees bent and feet flat on the ground.

- Press through your heels to lift your hips off the floor while keeping your shoulders grounded.
- Hold for a few breaths before slowly lowering down.

To strengthen core muscles that support the spine, **planks** are highly effective.

- Begin in a push-up position, but instead of resting on palms, rest forearms on the ground parallel to each other. Engage core muscles by drawing the navel towards the spine while maintaining a straight line from head to heels.

Remember not to overstrain yourself but rather gradually increase intensity over time.

## The takeaway!

Back pain can be a debilitating condition that affects millions of people. By following these tips consistently, you'll take proactive steps toward easing back pain and improving your overall quality of life. If necessary, consult with a healthcare professional for personalized advice based on your circumstances.

## Health Disclaimer:

The content provided here is intended for general informational purposes only. **Higher Physical Therapy**, founded by Julie Zapata, is dedicated to providing the highest quality care to its clients. However, please note that the information shared does not constitute professional medical advice or a substitute for consultation with a qualified healthcare professional.

While Higher PT strives to offer accurate and up-to-date information, the field of healthcare is constantly evolving. Furthermore, we acknowledge that each individual's medical needs and requirements are unique. The treatment plans, evaluations, hands-on treatments, and home self-treatment programs described are tailored to a general audience and may not be suitable for everyone. It is important to consult with a qualified healthcare provider to determine the appropriate course of action for your specific situation.

Higher PT's commitment to providing exceptional care is reflected in the expertise of its therapists and their dedication to your well-being. Our company's goal is to reduce pain, address

symptoms, identify root causes, and enhance overall physical health. Contact us for any professional guidance or therapy!

*At Higher Physical Therapy, we don't just treat symptoms; we empower you to embrace life without limitations.*

Julie Zapata, at HIGHER PHYSICAL THERAPY