

Back Pain Culprits

Back pain will affect almost **80% of Americans** at some point in their lifetime. Consider these back pain culprits and what you can do to prevent your chances of experiencing back pain.

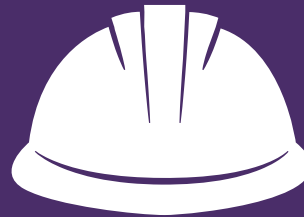
Your Posture

Your spine plays an important role supporting the weight of your body. Sit and stand with proper posture to keep your spinal muscles strong and to prevent aches and pains.



Your Job

Repetitive movements, especially lifting, twisting or pulling could cause back pain. Sitting at a desk all day, too, can lead to pain. Find workplace solutions to keep you safe, like stretching every hour or modifying movements to prevent injury.



Your Workout

Think before you hit the gym or undertake a weekend full of activity. Make sure your body can handle hard exercise regularly. Try to avoid periods of inactivity with scheduled cardio, weight lifting and stretching.



Your Bag

The weight of your bag and the way you carry your bag could lead to back pain. Consider a bag with two straps and limit the contents to 10% of your body weight.



Your Weight

Being overweight can lead to increased pain in the lower back and joints. This is because excess weight causes more wear and tear and can lead to more pain. Consider an exercise program to help strengthen your supportive muscles and help you eliminate excess weight.



Your Smoking Habit

Are you a smoker? That might be contributing to your pain. Recent studies have shown that the nicotine in cigarettes can lead to increased pain sensations. So kick the habit and you could kick your pain to the curb too.



ADVANCED PAIN
MANAGEMENT
we know your pain

APMhealth.com
888-901-PAIN (7246)

