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Where to place tens pads for upper back pain

I broke a bone in the back of my neck 2 yrs ago. The break has healed but I am left with pain in my upper back & neck area. I have tried physical therapy, chiropractic, Lidocane injections, massage. Nothing helps . I must sit or lay down to get relief and as a result I am now so weak I can hardly walk. Does anyone have any suggestions? The doctors say there is noting they can do. I am 92 yrs old so I guess thy think I will be dead soon so why bother. Unfortunately, the fact is that some of us may be genetically disposed to develop a bad back."There are a lot of variables that contribute to whether you end up with back pain," explains Dr Moein Tavakkoli, back pain specialist from The London Spine Clinic. "One is a genetic predisposition. There are people who have very good posture but end up with back pain, and others who have poor posture but never experience back pain."However, despite the fact we may be genetically inclined to develop problems, there are ways in which we can reduce the risk. We look at the everyday ways you could be harming your back and how to avoid unintentional damage.Repetitive movementWe all know that lifting something heavy incorrectly could be damaging. But did you know almost any repetitive movement or position could have a negative impact on our back health? Whether it's sitting at the computer, hunching over your smartphone or carrying out a physical action, repeating the same movement can create an imbalance and lead to bad posture."With any repetitive task, you will build up muscle disproportionately," says Dr Stefaan Vossen, clinical director of Core Clinics. "This can alter posture and lead to back pain.""Poor posture changes the way that you carry weight on your spine," explains Tavakkoli. "By leaning forward, for example, you are offloading the elements on the back of the spine to the front of the spine. You are compressing the discs more frequently and, as a result, you may experience earlier-onset disc degeneration."The problem is, as we all know, the solution may not be simple - we can't necessarily quit our job just because it involves frequent bending or eight hours of desk work a day. However, according to Vossen we can mitigate the problem by using targeted exercise."What you need to do is develop an exercise regime that compensates for your repetitive movement," he explains. "So, if you do a lot of stooping, you need to build core strength and work on your abdominal wall. If you do a lot of standing, you need to do a lot of running or swimming. These are things that are essentially the opposite of your repetitive movement."In addition to physical stress, emotional stress can also wreak havoc on our health, including our back."Many of us develop a lot of stress in our working day, but there's no physical response to it," explains Vossen. "All the adrenaline and all the sympathetic responses - for example, increased blood supply to the muscles - are not being put to use. This can cause a number of problems, including irritable bowel syndrome, which may radiate to the back."In addition, stress can cause muscle tension, which may throw the back out of alignment."When people get stressed, the hip flexors become tight as part of the fight or flight response," explains Vossen. "This tilts the pelvis forward and can cause back pain."To avoid the build-up of stress in our bodies, it's important to engage in some cardiovascular activity."Anything that gets the heart rate up to 75-80% of its maximum is great for burning off those excess chemicals," agrees Vossen.It's no secret that smoking is bad for our health. But did you know that smoking can also lead to or exacerbate chronic back pain?"As well as being associated with stress, smoking reduces the quality of the blood supply to the discs and the joints in your lumbar spine (lower back), thereby causing you to heal less efficiently and deteriorate more rapidly," explains Vossen.Of course, for many smokers, quitting can be a struggle. However, there is lots of help available. Read our guide to quitting for information on how to access the right support.Core strength can be important for supporting your spine and keeping back problems at bay. So it makes sense to strengthen your core through exercise. Unfortunately, when working the core, it can be hard to perform certain exercises correctly and with sufficient precision. This means that the core workout you've developed to avoid back problems might actually make back pain more likely."People who have done a lot of gym work may develop one group of muscles that is drastically bigger than the other group," agrees Tavakkoli. "So, you develop an unnatural posture. If your core muscle is strong but imbalanced, you can end up leaning forward too much for example."But rather than quit your core work, it's better to invest in getting it right by joining a class or speaking to a trainer at your local gym."Lots of people think they do their exercises right, but it's really hard to get the form right unsupervised. Invest in doing it well," advises Vossen. "Get yourself supervised by someone who will take you through it correctly."As with most health problems, back pain is less likely to occur if you are generally fit and healthy. It's easy to focus solely on the area causing us discomfort, but if you want to reduce the risk of back problems, you'd do well to look at your body as a whole."As well as focusing on specific activities - for example, reducing bad habits, trying to sit correctly - it's important to consider your overall health and how fit you are," explains Tavakkoli."Factors such as obesity, bad diet and poor lung function can all raise the risk of back pain."Anyone who's had a bad back has probably been offered advice about moving correctly, avoiding certain footwear or ditching that heavy handbag. But activities that put our back under stress may not be as harmful as we're sometimes led to believe."There are a lot of stories about things you should or shouldn't do," explains Vossen. "The reality is that if you have a healthy spine, none of these are relevant as long as you don't do them to excess." A: Musculoskeletal pain is common during pregnancy. In the third trimester there is some actual spreading of the rib cage so the muscles of your chest can become sore and painful. A single area of pain usually means something more specific like a pulled muscle or a pinched nerve. Soaking in a warm tub, using a heating pad, and taking recommended amounts of Tylenol are appropriate until you get further evaluation by your obstetrician. All content on this Web site, including medical opinion and any other health-related information, is for informational purposes only and should not be considered to be a specific diagnosis or treatment plan for any individual situation. Use of this site and the information contained herein does not create a doctor-patient relationship. Always seek the direct advice of your own doctor in connection with any questions or issues you may have regarding your own health or the health of others. Answered by Dr. Marra Francis CC0/mohamed hassan/Pixabay Back pain is one of the most common reasons people visit a doctor. In fact, more than 80 percent of adults, according to one survey, have a problem with lower back pain at some point in their lives, and a large percentage have pain that is chronic in nature. This annoying and sometimes debilitating pain can be caused by a variety of reasons, some that are minor and temporary and others that require medical care. Many people are obese, and that obesity can lead to constant back pain. Excess weight puts strain on your back muscles and inhibits the desire to exercise, and that strain is particularly difficult on muscles that are already weak. Weaker muscles get sore much more easily, even from simple standing or walking. In most cases, losing weight helps reduce the strain on your back and alleviates the pain. Try to adopt an exercise regime to strengthen weak muscles. Even if you aren't overweight, you could experience back pain due to weak muscles that are easily strained from even light activity. If you're a couch potato or work sitting down all day, you may not spend enough time standing, walking or climbing stairs. If this is the cause of your misery, the natural back pain treatment for you is to adopt an exercise regimen to strengthen your back. Examples of such exercises include squats, deadlifts, planking and walking. Pregnancy comes with a host of unpleasant symptoms, including lower back pain. The extra weight gained from the growing fetus and the expanding uterus put pressure on the muscles of the lower back and the spine, causing a persistent backache in many cases. Most of the time, the pain lessens or disappears immediately after childbirth. In the meantime, you can try using a heating pad at a low temperature or some simple stretching to alleviate the pain. CC0/Camila Cordeiro/Unsplash If you've ever felt a sudden sharp pain in your back when you picked up something heavy, then you understand how painful muscle tears and overextension can be. Sometimes, the pain occurs after a sudden awkward movement of the torso as well. Back pain from lifting can be prevented by practicing good lifting posture, including always bending your knees when lifting something off the ground. You should also warm up before exercising and avoid making sudden movements with your torso. When part of the spine or back presses down on a nerve, it can cause pain in various parts of your back. Slipped discs, ruptured discs, bulging discs and sciatica are among the conditions that can cause nerve issues. This type of issue is typically serious and requires back pain treatment from a medical professional. If diagnosed with a nerve issue of the spine, be sure to follow your doctor's orders, take it easy and avoid doing anything to make the situation worse. The kidneys are situated slightly below your middle back, and that means any health issue involving the kidneys often manifests as back pain. The discomfort may come solely from the kidneys, rather than the back. If your backache is accompanied by urinary problems or pain in the lower abdominal area, it's a good idea to see your doctor as soon as possible. It could be a stone or an infection, and kidney infections can lead to kidney failure if left untreated. CC0/mohamed hassan/Pixabay Another common cause of backaches is osteoporosis. This condition occurs when the body loses bone, makes too little bone or a combination of both. You can get osteoporosis as a side effect from other diseases, from medication, or as a result of poor nutrition. Either way, it's a pretty unpleasant health issue that can result in persistent pain due to the bone's inability to fully support your body weight. Osteoporosis can be managed with medication and changes in lifestyle. CC BY-SA 4.0/BruceBlaus/Wikimedia Arthritis is another common health issue, and while it primarily affects the joints, it can also cause back pain when it affects the joints of the hips or back. In some cases, the inflammation is bad enough to make the space around the spinal cord narrow, causing spinal stenosis. Spinal stenosis can cause tingling, numbness or pain in the back area and can even radiate down to the legs. Like osteoporosis, arthritis can be managed with medication from your doctor. Any injury to the spine, whether by accident or due to a medical condition, can result in varying degrees of back pain. Some common spinal issues include scoliosis and vertebral fractures from accidents. Spinal issues require medical intervention or structural support to treat them. If you suspect a problem with your spine, then it's time to head straight to the doctor for a checkup. Unfortunately, it's true that some forms of cancer manifest as back pain. Examples include spinal cancer, pancreatic cancer and kidney cancer. This symptom also appears with metastatic cancers, or those that occur as secondary tumors spread throughout the body in some patients suffering from stage 4 cancer. If you have unexplained back pain for a period of time, it's a good idea to see a doctor to rule out any serious issues. What Are the Differences Between Inner and Outer Hip Pain? If you're experiencing pain on the "inner" part of your hip, which is closer to the groin area, this is likely due to a problem with the joint itself. Pain in the outer (upper) area of the hip is more related to the soft tissue that surrounds the hip. As such, these are very different conditions and treatments. What Causes Outer Hip Pain? Outer hip pain is caused by the tissues surrounding the hip joint, not by the joint itself. Soft tissues can mean your ligaments, tendons and muscles that form around the hip. The most common causes of outer hip pain include bursitis and tendonitis. What Is Bursitis? Bursae are located throughout the body, and not just in the hip joint. They are small sacs filled with fluid that help form a cushion between the soft tissues and bones, so they don't rub together. Unfortunately, however, sometimes they become inflamed, which is a condition known as bursitis. When bursitis occurs in the hip, it's referred to as trochanteric bursitis. Bursitis is usually treated with over-the-counter nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, corticosteroid injections or physical therapy. What Is Tendonitis? When your tendons, which are the soft tissues that connect muscle to bone, become inflamed, this is called tendonitis. When tendonitis is experienced in the hip, it's often because of a gluteus medius tear. The gluteus medius surrounds the hip and a tear can be a source of great pain. Long-term strenuous exercise (such as that of an athlete) or simple wear and tear can cause the issue. It's treated similarly to bursitis, with NSAIDs, corticosteroid injections and physical therapy. Tendonitis of the hip may also be treated with surgery or the RICE method (rest, ice, compression and elevation). What Causes Inner Hip Pain? Inner hip pain is caused by a problem with the actual hip joint itself. This type of pain can be caused by rheumatoid arthritis or osteoarthritis, both of which lead to inflammation of the hip joint, or hip fractures. Hip fractures are more common as patients age and bones become more brittle. Falls and subsequent hip fractures occur frequently in the elderly. Cancer is another possible cause of hip pain, such as when a tumor begins in the bone. Avascular necrosis is another cause, which is the stifling of blood to the hip bone. What Could Cause Waist Pain? Because of its location, waist pain and lower back pain are often confused. If one has pain in the stomach itself, it's likely a gastrointestinal disturbance; however, pain in the waist area is the same as lower back pain. Just as with outer hip pain, low back pain is caused by soft tissue problems, such as muscle or ligament strain. If you're experiencing any type of chronic pain in the hip or waist area that's not relieved by over-the-counter medications, it's best to see your healthcare provider for an evaluation.

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