

The Most Common Causes of Back Pain, explained by Dr. Sanjoy Banerjee

Do you have back pain when you lie in bed at night? Are you unable to find out the reasons for the pain? Read on to learn about common causes of back pain.

WILDOMAR, CALIFORNIA, UNITED STATES, May 14, 2019 /EINPresswire.com/ -- In his new article, Dr. [Sanjoy Banerjee](#) shares his thoughts about back pain. The article is available on his blog at <https://sanjoybanerjeemd.home.blog/>

Back pain can be a very annoying condition for a person. The pain lingers in the back muscles and doesn't budge. All activity is impeded by the discomfort. Medications are only modestly effective. Most people suffering from back pain try to ignore it and fortunately it often resolves on its own. However, sometimes the pain can be very serious and can lead to major complications down the road.

If you experience back pain, you must not ignore it. Look for the cause of pain by rewinding your recent activities. Back pain is common in people who sit in their office chair for long intervals. Also, workers who lift heavy items on a daily basis are at a risk of developing it.

Causes of Back Pain

Many things can contribute to developing back pain. Here is a list of the most common causes of backache. If you are suffering from this condition, consider these causes to find possible reason for you back pain.

Improper Posture

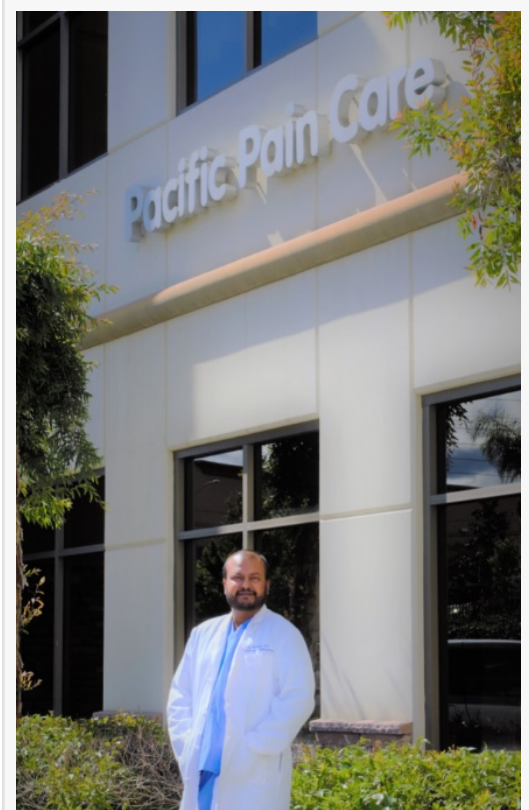


Improper lifting technique can result in severe lower back pain. While lifting a heavy object, make sure that you do not bend your back and keep your chest outwards."

Dr. Sanjoy Banerjee, Pain Management

If you often find yourself slouching in your office chair or sitting with a hunched back at the dinner table, work to correct your posture. Sitting with improper posture can trigger pain over time. When you slouch in your chair, your spinal cord is bent in a curved shape. With the passage of time, the discs in your backbone shift because of your improper posture while sitting. When the disc shifts, you feel pain because the nerves in your spinal cord get constricted.

To avoid back pain, you should work on improving your posture. Make sure your shoulders aren't drooping while you walk. Walking with the correct posture is a first step to avoiding back pain. Moreover, you should often remind yourself to sit straight while you are sitting in your office chair or at home.



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Also, you can use a back support while sitting to keep your backbone straight.

Restricted Movement

Lack of movement is another reason people develop back pain. If you sit for long intervals during the day, you're at a risk of developing back pain. This kind of backache starts from the neck and spreads downwards along the backbone.

People who spend significant time at their desk working or playing games on the computer need to take frequent breaks to stretch and move about. If you're a consummate gamer who spends hours playing Fortnite, you need to take out some time for exercise to prevent yourself from developing back pain.

Accident or Injury

If you've recently been involved in an accident or suffered a back injury, it is possible that you are suffering from back pain. If the pain remains for weeks, or causes leg numbness, difficulty passing urine or bowel movements, weakness in your feet or difficulty walking, you need to consult a doctor. Prolonged pain after accident can be a sign of serious muscle injury or spinal cord damage.

Improper Bending While Lifting

Improper lifting technique can result in severe lower back pain. While lifting a heavy object, make sure that you do not bend your back and keep your chest outwards. Moreover, hold the object as close as possible to yourself. This will reduce the strain on your body. Also, while turning, do not twist your waist. Always change your direction through your feet. Moving your waist will result in developing back pain.

If you're suffering from back pain because of any of the above-mentioned reasons, you should tell your doctor about it.

Dr. Sanjoy Banerjee, M.D., QME

Dr. Sanjoy Banerjee is the Founder and Medical Director of [Pacific Pain Care](#) in Wildomar, California. He graduated medical school from Imperial College, School of Medicine in London, England, and completed his Anesthesiology Residency at the University of Rochester, New York. In addition, [Dr. Banerjee](#) completed the ACGME accredited Pain Management Fellowship Program at the University of California at Davis.



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