

Download Why Does My Back Hurt So Much

Ok, so this has been going on since two years ago. I was jumping on a trampoline, and all the sudden I get this stabbing pain in my mid to lower back. For most people, back pain is really not because of a specific pathology. 90-95% of the time, prolonged or unnecessary strains in our back cause back pain. 6. Bath and Epsom Salts
Epsom salts, and medicated bath salts, can be wonderful for lower back pain. Soaking in a hot bath on its own can be a help for many people, so the addition of the salts can work wonders on back pain. This is because the salts have almost magical ways of relieving muscles that are strained and stressed. 7. It is certainly easier to prevent a back injury by taking the appropriate measures, and small changes can reduce low back pain. Work every day to have good posture, watch how you lift things, take time to de-stress, and take good care of your body. These small steps can help you take control of your lower back pain.