BACK PAIN MYTHS & FACTS
MYTH 1:
No pain, no gain

Contrary to the thought process of many of those who work out, there is no evidence that supports the notion that you need to feel pain in order to see progress. Resting after a hard workout to repair muscles is important. Try a cross training routine with lighter, more frequent workouts.

HEALTHY TIPS
Remember to stay hydrated in the gym!
Learn more at APMhealth.com
MYTH 2: Applying heat will help a sore back

Applying heat can actually worsen inflammation in the joint and surrounding muscles and ligaments.

As a rule of thumb, use ice on any back injury for the first 48-72 hours, then you should alternate between ice and heat, 20 minutes on 20 minutes off.

When in doubt about ice and heat, it is always best to take the advice of your physician.
MYTH 3: I must stay in bed and rest

While it can be useful to rest with an acute back injury, this phase only lasts a few days. It is a good idea to stay moving to ensure your muscles stay strong and don’t stiffen up.

You can take it easy for a few days, but lying in bed all day will likely only lengthen the recovery period. By modifying daily activities, you can help decrease your back pain long term.
MYTH 4:

I can’t do my favorite activities anymore

If you are experiencing back pain it is important to listen to your body and know your limitations.

Take the time to let your body recover and seek medical treatment if needed, but don’t dismay. By following an exercise program that includes core conditioning and flexibility exercises and using good body mechanics, such as correct posture, you can get back to most or all of your favorite activities.
MYTH 5: I won’t get back pain

Just because you haven’t had back pain yet doesn’t mean it couldn’t happen in the future.

The key to avoiding back pain is prevention. By using proper technique when sitting, lifting and moving, you can help maintain a healthy back.

DID YOU KNOW? 80% of people will experience back pain at some point in their lives.
MYTH 6:
I have back pain so I will need surgery

Only a very small percentage of people who suffer from back pain will need to undergo surgery.

There are a number of alternative treatments for back pain that can be explored with your physician to avoid surgical procedures, including minimally invasive procedures.
MYTH 7:
Being overweight doesn’t contribute to my back pain

Extra body weight compresses the spine and squeezes invertebral discs, making an overweight individual more prone to painful back conditions. In addition, high amounts of belly fat can cause poor posture and slouching resulting in back pain.

Stay fit by doing back and abdominal exercises to keep the core area of the body strong and healthy. This is an important way to prevent back pain and remain healthy.
MYTH 8:
Always sitting up straight will prevent back pain

Sitting up straight too much can be just as detrimental as slouching. Using a chair with correct lower lumbar support can help keep your back comfortable.
MYTH 9:
Lifting heavy items is detrimental to my back

It isn’t always the weight of the object, but how you lift it that is key to maintaining a healthy back. Using proper lifting technique can prevent back injury. Be sure to lift with your knees, not your back.
Pain is a very real thing and should never be dismissed. Pain can take a lot of energy, induce stress and have negative effects on the immune system.

If pain is interfering with daily activities, it is important to seek professional solutions right away to promote long term wellness.
MYTH 11:
I will just have to live with the pain

You should never just accept pain. It is your body’s way of telling you something is wrong.

There are countless options for pain relief. Have regular spinal check-ups, practice recognized self-care and see a health professional.
FOR MORE INFORMATION

If you would like more information about Advanced Pain Management please call 888-901-PAIN (7246)

or contact us directly using the “Contact Us” section of our web page on www.APMhealth.com.

E-NEWSLETTER

To receive other eBooks and updates from Advanced Pain Management, visit our website and sign up for our eNewsletter today.

DISCLAIMER: This material is presented for informational and educational purposes only. This information does not constitute medical advice and is not intended to be a substitute for professional medical advice. You should always seek the advice of a physician or other qualified health care provider before beginning any exercise program. If you experience any pain or difficulty with these exercises, stop and consult your health care provider. ADVANCED PAIN MANAGEMENT MAKES NO WARRANTIES, EXPRESS OR IMPLIED, THAT THE INFORMATION CONTAINED IN THESE MATERIALS WILL MEET YOUR NEEDS.