

Back and Neck Pain



What is it?

- A severe or lingering pain.



What causes back pain?

- Obesity or overweight.
- Prolonged or repeated movements or postures that strain the back.
- Sudden improper movement that twists the back.
- Stretch, tear, or rupture - if tear is large enough the jelly type material leaks out and presses against a nerve.



What are the Symptoms?

- Acute pain and swelling.
- Slow healing, gradual reduction in pain.
- Pain in lower back, buttocks or down the leg.



What can I do?

- See your Health Care Provider.
- Stand up straight.
- Exercise 15 minutes daily walking suggested.
- Maintain a good body weight.
- Don't smoke or use tobacco (Weakens the discs in the back).
- Keep upper back straight when lifting.



- Bend knees and let upper arms and legs do the work.
- Do not twist or turn back when moving or lifting.
- Sleeping with support between knees or at lower back.