\- Chronic pain

WHAT IS BACK PAIN?

Back pain can range from a dull, constant ache to a sudden, sharp pain that makes it hard to move. It can start quickly if you fall or lift something too heavy, or it can get worse slowly.

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Anyone can have back pain, but some things can increase the risk. Getting older causes back pain, as well as poor physical fitness, and being overweight. Being overweight can stress the back and cause pain. Your job could also cause back pain. If you have to lift, push, or pull while twisting your spine, you may get back pain. If you work at a desk all day and do not sit up straight, you may also get back pain.

The best things you can do to prevent back pain are to exercise often and keep your back muscles strong, maintain a healthy weight or lose weight if you weigh too much, and try to stand up straight and avoid heavy lifting when you can. If you do lift something heavy, bend your legs and keep your back straight.