
Back in action

In the last 3 months, about 40 percent of adults had at least one day of back pain, mostly in their lower back.



The good news is that most back pain goes away by itself—in time. If pain continues for more than 3 months, you have chronic back pain. If doctors can find out the source of your pain, you may be treated effectively with certain therapies or surgeries.

But even chronic pain can clear up without surgery. To help manage or prevent back pain:

- Stay active, stretch regularly, and maintain a healthy weight.
- When sitting for prolonged periods, get up and move around, and switch positions frequently.
- Make sure your work surface is at a comfortable height.
- Don't slouch when standing or sitting.
- Wear comfortable, low-heeled shoes.
- Lift with your back straight, bend at the knees, and put the stress on your legs and hips.
- Sleep on your side and place a small pillow between your knees.
- Talk with your doctor about getting enough calcium and vitamin D.