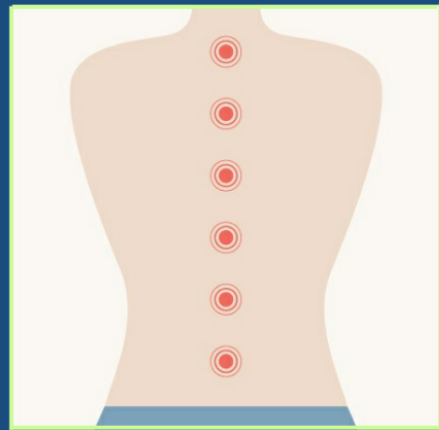


10 Habits That Cause BACK PAIN



Back pain affects people of every age group and may occur due to several reasons. Knowing the causes and risk factors can help you avoid it. Here are some of the common habits that may lead to back pain.

#1

Not Exercising

Not performing abdominal exercise and stretches may lead to weak back muscles and hence back pain.



#2

Poor Posture

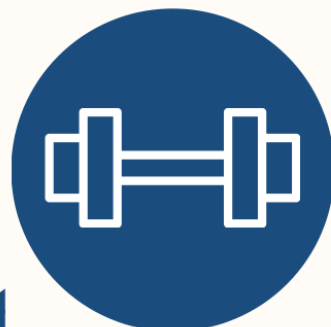
Slouching over the desk or keeping the shoulders drooped may put strain on the back and cause pain.



#3

Improper Lifting

Carrying heavy weights with incorrect techniques may put pressure on your muscles and cause immense pain.



#4

Poor Sleeping Pose

Sleeping in incorrect position may strain body muscles leading to pain in the back.



#5

Lack Of Calcium

Brittle bones due to the deficiency of calcium or vitamin D may lead to discomfort in the back.



#6

Overweight

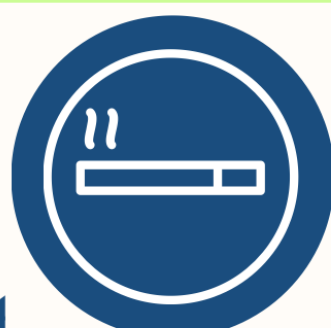
More weight may pressurize your back and lead to inflammation in the muscles, which causes affliction.



#7

Smoking

Heavy smoking may restrict the blood flow to vertebral columns and the ligaments, hence causing pain.



#8

Limited Activity

Sedentary lifestyle in which there is lack of physical activity may lead to weak muscles and back pain.



#9

Ill-Fitting Shoes

High heels or flats may change the gait pattern and put extra pressure on the knees/back.



#10

Stress

Tension and stress releases hormones that may lead to soreness in muscles. It can weaken the bones and cause back pain.

