

MIDSOUTH PAIN TREATMENT CENTER

LOW BACK PAIN SURVIVAL KIT: TREATMENTS TO SEND PAIN PACKING

Heat and Ice Packs

Heat and/or cold therapy helps relieve most types of low back pain by reducing inflammation. Application of ice and then alternating with applications of heat has been found to be helpful for many patients.

Over-the-Counter Analgesics

Many of the over-the-counter medications known as NSAIDs (non-steroidal anti-inflammatory drugs) reduce inflammation, which is often a cause of pain, while other medications work to interrupt the transmission of pain signals from reaching the brain. All medications have multiple risks, possible side effects, and drug, food, or supplement interactions, which make it important for you to discuss any medication regimen with your health care provider.

Keep Moving

Exercise is an important part of almost any low back pain treatment plan. Low impact movements are recommended. This includes water aerobics, walking, stretching, and strengthening with the purpose of building a stronger, more flexible spine to increase range of motion and physical function.

MidSouth Pain Treatment Center, LLC
Tennessee: Cordova, Jackson, and Germantown
Mississippi: Southaven and Oxford