

Back Pain with Inflammation? How to Lessen

It really doesn't matter what your diagnosis is. Sciatica? Spinal Stenosis? Spondylolisthesis? Whatever it is, inflammation is likely to make it worse. So, we need to calm it down.

Signs you may have inflammation in your back:

- Constant severe pain or aching
- A flare-up of pain
- Disturbed sleep
- Continuous pain when standing or walking (more than a few minutes)

Tools to help reduce inflammation:

1. Walking

Don't try to straighten up when using a walker if painful. Walk only if not painful. Plus, maybe try a lumbar corset. Maybe you can walk a total of 30 minutes with a corset in place, but only 15 minutes without. It makes sense in such an example to use the corset temporarily. The big concern about back corsets is that if you wear them all the time you will get weak. True? Maybe? Our first recommendation is that you do not wear them all the time. Wear them only when doing something that tends to increase your pain levels. For example, if you are about to walk, lift something, carry something, or push something heavy.

2. Positioning with Ice Pack. 2x -4x a day for 10 minutes

3. Sleep Right. You may want to try a back corset.



If a corset allows you to sleep comfortably and not wake up every time you turn, it might be worth a try (temporarily). There is not much strengthening going on in your back during sleep, so you need not worry about your back getting weak.

1. Avoiding Pain Makers for now. May gradually reintroduce them into life if pain calms down