

## **Activities to Avoid When Lower Back Pain is Felt**

Lower back pain is caused by a lot of things. The list actually goes so long that it would not be safe to say that this pain has just a single cause. Sometimes, this kind of pain is exacerbated by activities you cannot just take for granted. But getting rid of lower back pain is just so sweet that you cannot just give it up. If your mindset is linked with this, here are some of the activities that you should avoid doing while the pain is experienced.

### **Vigorous Exercises**

As much as possible, do not engage in vigorous exercises once lower back pain is experienced. Though pain can be waved away by simple exercises like walking and swimming because it strengthens the muscles and leaves it flexible, leveling it up to some vigorous exercises like sprinting may not be as helpful.

### **Over Reaching**

Over reaching things may just leave your muscles stretched as much as vigorous exercises can do. Should there be things that are out of reach, use proper body mechanics in order to make sure that you are not abusing your muscles. It would help to also put the things at home in ergonomic places so that you will not find yourself strained.

### **Bending of Muscles**

Muscles usually cause the body to ache severely once it is affected by inflammation or compression. Every time you bend, your muscles will come to follow which may cause severe lower back pain. This is especially too painful once bending is done without warming up.

Bending will come to pose harm all the more if the cause of lower back pain is compression of nerves or stretching of nerves. Once it comes to be stretched to its extent, it may completely come separated that will in turn cause paralysis. This is why over bending to reach out for something that has fallen off is a thing to get rid of.

### **Conclusion**

It is best to stay safe as long as you do not know what the cause of lower back pain you are experiencing is. Since the causes are vast, you need to stay on the safe line by avoiding activities that may just leave the feeling worse.