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How To Relieve Lower Back Pain Sitting

If you want to know how to relieve lower back pain then you are like over 100 million people in America dealing with back pain. More than likely your story is going to be the same. You have to sit at a desk in front of a computer for hours and hours a day. You may also have a long commute to work and have to sit for another hour or two while traveling to and from work. Much of the problem comes from having to sit for far too long. There might not be much you can do about those things but there are things that you can know how to relieve lower back pain and do it easily.

The first thing that you can do when learning how to relieve lower back pain is force yourself to get up and move around. Take some time to stretch your back out. This is one of the most overlooked things to do. Force yourself to get up and walk for 5 minutes every half hour to an hour.

When you do stand up remember to stretch the opposite way that you have been sitting. Place your hands on your lower back/hips and push your hips forward while your shoulders and head lean back. Hold that stretch while you sing the 'Happy Birthday' song (quietly) a couple times. Don't bounce when you stretch. Just hold it, breathing normally, and then return to your upright and straight position. While you are standing, walk around using good posture. This is key when learning how to relieve lower back pain.

What you will find when you want to know how to relieve lower back pain is that most of the pains that we have in our backs come from a lack of good posture. Don't slouch forward. Put your chest slightly forward and your shoulders slightly back. Your goal is to have your back curved inward instead of outward. Whether you are sitting or standing or lying down, it should look almost like there is a ball pressing against your back pushing the middle of your spine forward.

When you return from a little 5 minute walk, sit back down using that good posture. You will probably find it handy to have something behind your back to help it have the right form. You need to have something about the size of a rolled up fluffy towel behind your back. If you don't have immediate access to that or a small pillow or a piece of foam, use a few magazines or a couple of big newspapers rolled up.

As you are sitting have your hips as far back in the seat as they can go and your shoulders leaning more towards the back of the chair. Pull your keyboard closer to you if you are at a computer and have the monitor raised a bit so that your head stays somewhat level and you aren't tempted to roll your back forward and slouch. If you are using a laptop, get an external keyboard.

Not only will they work, they can be done with little to no cost on treatment and pain medication. These things are essential if you are serious about wanting to know how to relieve lower back pain.

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