

Back Injury and Management

How to Treat a Strained Back Muscle?

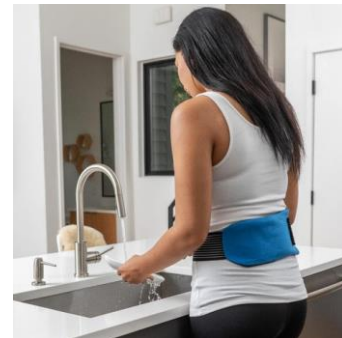
In many cases of a sprained back or pulled back muscle, doctors use non-invasive and standard self-care treatments. Here are some first-step strained upper back muscle treatment options to effectively reduce pain.

1. Hot and Cold Therapy

The idea of using heat or ice for strained back muscles may sound traditional or outdated to you, but it is a reliable, tried, and tested way to reduce pain.

Applying cold packs is incredibly effective in reducing blood flow to painful areas. This technique numbs back pain and decreases swelling and inflammation.

Thanks to products like reusable ice packs and hot and cold gel ice packs that make applying cold therapy for sprains and injuries a breeze.



2. Anti-inflammatory medicines (NSAIDs)

Anti-inflammatory or anti-swelling medicines, including aspirin, ibuprofen, and naproxen, can also help reduce inflammation that contributes to your pain. You can buy prescription or over-the-counter anti-inflammatory medicines.

3. Over-the-counter Pain Medicines

You can also use over-the-counter medication, including acetaminophen, as a treatment for strained upper back muscles. They may help you reduce pain by altering the way your brain interprets the pain signals. Acetaminophen may be added as active prescription medications, such that you can take it in combination with opioids.

4. Sleep or Rest in a Comfortable Condition

Strained back muscles make it difficult to rest and sleep. To relieve the pain, it is essential that you find a more comfortable position to sleep or rest. It keeps your backbone naturally aligned.

-Place a wedge pillow underneath the knees to minimize stress on the lower back.

-Place a wedge pillow between knees to maintain balanced natural spine and hip alignment.



5. Use a Back Brace for Lower Back Pain

Using a back brace is another great way to reduce lower back pain. In fact, it is an effective and fast way to reduce strained back pain. The adjustable brace is a great recovery treatment for budging, misalignments, fractures, slipped discs, and strains.



6. Massage Therapy

Stretches for a pulled-back muscle can do wonders to relieve strain instantly. You can include them in your massage therapy to improve blood circulation and relax muscles. Moreover, it can improve range of motion and decrease pain.

Massage therapy releases endorphins that help you lessen or reduce pain signals in your nervous system.

7. Walking

Staying active is crucial to keep your spinal structure healthy and functional, and walking is no exception. Make sure you take short walks for 3 to 10 minutes multiple times a day. It can help you relieve lower back stiffness and reduce discomfort.

Summing Up

All in all, regardless of the reason you develop muscle strain, it is a painful condition and may worsen if not treated on time. The abovementioned seven ways can help you reduce the pain and heal muscles faster.