

# Four Causes of Back Pain



**Back pain is one of the most common medical problems in the U.S. and comes from many sources, including aging, injury, heavy lifting and other health issues you may not be aware of. Here are a few common causes for back pain and ways to mitigate its affects:**

## **1 Working from Home**

Do your best to create an ergonomic, back-healthy workspace and incorporate healthy habits into your daily routine. This might include sitting up straight, getting up for stretching and walking breaks and doing back-strengthening exercises.

## **2 Getting Poor Sleep**

Adults should aim for seven to nine hours of sleep per night. For a better night's sleep, try using a mattress that is not too soft, lying on your side with knees bent and putting a pillow between your knees. If sleep issues are ongoing, talk to a doctor.

## **3 Carrying Heavy Bags**

Backpacks can be a good alternative to shoulder bags and briefcases to help with weight distribution. When wearing a backpack, wear both straps, only pack what you will need and place heavier items at the bottom toward the center.

## **4 Lacking Vitamin D**

Eating foods rich in Vitamin D, like salmon, tuna, fortified cereal and yogurt can help strengthen your nerves, muscles and bones. If you experience chronic pain or muscle spasms, talk with a doctor about your risk for deficiency and whether to test your level.