

Chronic Low Back Pain: Is It Time to Try Something New?

It can be hard to understand pain when you can't see what's wrong.

That's why back pain can be so frustrating.

You can't see it.

But you can feel it.

And if you've been hurting for a long time, well, only you know how bad it is.

You may be following your pain management plan and doing what the doctors tell you, but it still hurts.

That can make almost anyone want to quit trying.

It's understandable.

And sometimes the pain can last much longer than you might expect.

Having patience can help.

And at the same time, it can help to show yourself and your body a little forgiveness and kindness.

That means you can do things to care for yourself.

And you can try changing what you're already doing for yourself.

This can help you feel more in control.

It can be hard to think it's okay to move more often when you hurt.

But you can start by checking in with yourself to note how often or how little you may be moving your body.

For example, maybe you spend a lot of time on your laptop working or watching movies.

Or maybe you love playing video games.

But are you so involved that you don't realize how long your body has been stuck in one position?

From video games to needlecrafts, the things that give you pleasure now may end up being part of the reason you still hurt.

Now, this doesn't mean you have to give these things up.

It just means becoming more aware of your body and remembering to take breaks or shift positions more often.

Something else to try might be to add a little more activity.

Could you go for a walk while you listen to music or a favorite podcast on your phone?

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Maybe even one about your game or your hobby?

Yoga may help too.

And there are lots of free beginner videos online that you could try.

Have you tried other ways to treat your pain?

Maybe a massage, acupuncture, or spinal manipulation could help.

Your doctor may have other ideas.

You may be surprised to learn how stress can add to your pain.

Or maybe it's how the pain adds to your stress?

A lot of people find some relief with stress reduction practices such as mindfulness meditation or focusing on relaxing their muscles.

Could you find support or ask advice of others—a friend, a loved one, a neighbor who has been through chronic pain?

You may have tried some of these things before, but there's no harm in trying again or picking something that might be new to you.

Sometimes it can help to remember that although you have a painful problem, that doesn't always mean there's physical harm happening to your body.

When you're doing things to care for yourself, you're taking the right steps to feeling better.

You know your body best, so if you have any concerns, you can always talk to your doctor.