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## Self-Treatment

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Just because you suffer from back pain doesn't necessarily mean you must see a doctor to solve the problem.

Self-treatment can sometimes be the only cure you need to deal with back pain. More than 85 percent of people with back pain or discomfort improve with minimal treatment in a matter of days. You may just need to lie on your back for several days or more on a firm mattress or on an ordinary bed with a stiff board under the mattress. Lie on your side, never on your stomach, with your knees bent or on your back with a small pillow under your head and another pillow under your knees. Also, taking muscle relaxants, anti-inflammatory drugs, or painkillers such as aspirin or aspirin with codeine can also relieve discomfort. If you're not sure about the proper dosage, follow the directions on the package or check with your doctor. Using hot or cold packs, depending on your specific condition, can also be helpful.

Although rest is the most common form of treatment for a back injury, maintaining a good exercise routine can help strengthen your muscles and prevent further injury. Physical and emotional stress, another common cause of back pain, can be alleviated with the use of stress management and relaxation exercises. People carrying excess weight often suffer from frequent back pain, so losing a few pounds may help to prevent future injury. If your pain doesn't lessen after a few days, you may want to call a doctor.