

A Tale of Back Pain and Memory Foam

People have all kinds of illnesses, diseases and injuries, from the dreaded cancer, meningitis and various organs failings, to broken bones, diabetes and the need for stitches. They all have differing levels of pain and discomfort, requiring various forms of treatment and pain medication. Out of all the conditions in existence, nobody complains and whines more than the back pain sufferers. There are hundreds and thousands of people suffering with far more deadly and painful diseases but more people are worried about their backache? What do they think is wrong apart from them being unfit or having done something that is completely their fault?

Most back pain sufferers are suffering because they are simply out of shape. Excess weight puts more pressure on your back causing the muscles the strain, pull or even tear. Understandable the older generations have more back troubles due the frailty old age brings but people as young as twenty five have no-one to blame but themselves. People have been known to slip a disc at twenty five trying pick something up by bending over rather than using their legs and kneeling down to pick it up like you should to prevent such injuries. The human back isn't designed to bend like that; it's purely there to support the body and allow bipedal movement, not bend you in half to pick up a stuffed toy on the ground. Admittedly if you play sports or do a lot of physical activities pain injuries do happen, but in this day and age very few people actually do any physical activity at all, with jobs being office based and manual labour jobs being aided more and more by automated machinery, so for most people there is just no excuse.

Although there are many different ways to avoid back problems people still ignore the advice and whine and moan when they injure their backs yet again. Therefore if prevention wont work and people insist on suffering with back pain, then its understandable why there are so many supposed 'remedies' for back pain; such as relaxation tapes to unwind, painkillers for those aches and pains, physiatrists to tell you that you don't actually feel a pain in your back and it's all in you head and of course there is sticking dozens of needles in your back.

All these 'remedies' have been tried by people and have had varying results, however some seem just to inflict pain to distract you from the problem at hand, acupuncture for example involves sticking small needles into pressure point in your back, this seems very much like bloodletting in the middle ages, which admittedly worked to a certain extent as a small amount of pain was numbed temporarily. Painkillers are always good for numbing pain but taking painkillers for back problems is not the best idea as you can injury your back worse and not know it, pain is there for a purpose not a punishment. [Memory foam](#) seems to work well and allow people to sleep comfortably, unfortunately people can't sleep all day long. Correcting your posture, though painful when your have back problems can be worthwhile suffering though as your back gets used to being in the correct position.

About the Author

In conclusion, just don't hurt your back! Prevention is cheaper than the cure not having to buy painkillers , or [memory foam mattresses](#) and [memory foam pillows](#), plus a lot less pain!

Source: <http://www.spivo.com>