



## Article Side

How to Treat Back Pain and Solve All Joint Pain Problems Immediately by [Dr. Sarkozy Mikal](#)

Article published on December 15th 2011 | [Health](#)

Many people experience neck and back discomfort during their lifetime. Problems may occur suddenly after an accident or injury, or may occur in a slow and gradual, because of a lack of exercise or poor posture caused. Incorrect posture throwing the first forward and made the neck and shoulders a lot of pressure on the muscles.

In this position the muscles contraction in order to maintain a constant state, after causing personal injury and discomfort. Poor sleep habits, poor work habits, stress can cause this problem. As the tension, back pain and neck are often not the main reason, it can certainly aggravate the pain, make you more vulnerable.

In addition, outstanding against the neck muscles and can cause shoulder pain. Imbalance in muscle strength can cause chronic or sporadic tensions in these areas and sealing.

Other circumstances, can lead to deterioration of muscle pain, and may include a sedentary lifestyle, obesity and general lack of muscle tone.

Good health, no neck pain also depends on the state of your back. As the neck and upper back muscles, like sharing, shoulders and upper back strength and flexibility of the muscles is very important to maintain the balance of the neck.

Pain is also generated when the muscle spasm. If this spasm can occur as a protective reflex, he stepped up by reducing the flow and the establishment of the inflammatory response of the discomfort.

Any form of pressure, physical or emotional, can cause muscle spasms in underexercised. Finally, the pressure or "pinching" of the spinal cord can cause severe pain, may radiate in the waist and legs (travel).

### Severe symptoms

Although annoying pain, or even ignore, pain, or other symptoms associated with pain may indicate serious underlying disease that requires medical treatment. If you have your neck or back pain the following symptoms, you are urged to seek medical assistance:

<http://www.ayurvedicherbalscure.com/Herbs/shallaki.html>

1. Heat - may indicate infection.
2. Frequent, painful urination or bleeding - may indicate kidney.
3. Leg pain at or below the knee - may indicate possible disk problem.
4. Numbness, tingling, weakness or loss of bladder or bowel - may indicate nerve or disk problems.
5. Persistent pain, no improvement can not be relieved - may indicate a return to disorder or serious injury.

## Get help

If you have these symptoms, or on the neck or back problems, we recommend that you consult health care providers. You may include a discussion of the problem assessment and review your medical history, physical examination and diagnostic tests.

### Article Source:

<http://www.articleside.com/health-articles/how-to-treat-back-pain-and-solve-all-joint-pain-problems-immediately.htm> - [Article Side](#)

### [Dr. Sarkozy Mikal](#) - About Author:

Read more on a [Natural Pain Killer](#) and a [Best Solution for Acne Cure](#) and a [Natural Herbal Remedies](#)

### Article Keywords:

lower back pain, back pain symptoms, chronic back pain, back pain exercises, back pain lower, back pain relief, extreme lower back pain

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!