

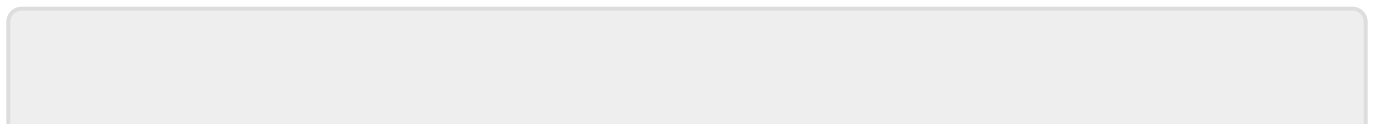
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<https://media.istockphoto.com/id/497542901/vector/muscular-builder.jpg?s=612x612&w=0&k=20&c=eisQKOURFf4YxZx4efVGV1FdZOb0DTC6dr9KXa7ph9E=>) Maybe you lifted something heavy or swung a golf club a little too enthusiastically. Or maybe you've been hunched over a desk or computer for two weeks, battling a deadline. Whatever the reason, now your back is "out," and you're wishing for something, anything, that will put an end to the agony. Take heart; you're not alone. Almost everyone suffers from back pain at some point in his or [Alpha Surge Male strength formula](#) her life. The bad news is that unless you have a major injury or disc problem, your doctor may not be able to do much for you other than prescribe some pain medication and advise you to rest. The good news is that some simple home remedies can have you back in the swing of things in just a few days. Even better, you can help ensure that you won't have to endure similar discomfort in the future. We will begin in the next section with some home remedies for alleviating back pain.

To see all of our home remedies and the conditions they treat, go to our main Home Remedies page. For additional tips on warding off a sore back, [Alpha Surge Male strength formula](#) see How to Prevent Back Pain. How to Relieve Back Pain offers several ways to alleviate painful back symptoms. If your pain involves the muscles of the back, read Home Remedies for Muscle Pain. This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for any possible consequences from any treatment, procedure, [Alpha Surge Male strength formula](#) exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider.

However, if you are experiencing pain, weakness, or numbness in the legs, or a loss of bowel or bladder control, see a doctor without delay. Don't take it lying down. Conventional wisdom once held that several days or even weeks in bed were the best cure for a sore back. However, a growing number of doctors today encourage patients to get up and around as soon as possible and to avoid bed rest entirely if possible. That's because mounting research shows that lying down for buy [alpha surge male vitality formula alpha surge male vitality formula](#) male an extended period not only fails to speed up relief of low back pain but may make it even worse. If you feel you must rest your aching back, the best position is lying flat on your back with two pillows underneath your knees. Never lie facedown, since this position forces you to twist your head to breathe and may cause neck pain. Make an effort to get up and move around, slowly and gently, as soon as possible.

Any more than three days of bed rest could weaken the muscles and make them more prone to strain. Applying an ice pack to the painful area within 24 hours of an injury can help keep inflammation to a minimum and ease discomfort by decreasing the ability of nerves to send pain signals to the brain. Place ice cubes in a plastic bag, then apply the bag on top of a thin towel that has been placed on the skin. Leave the ice pack on for 20 minutes, take it off for [Alpha Surge Male strength formula](#) 30 minutes, then replace it for another 20 minutes. Take a hot bath. If more than 24 hours have passed since the injury occurred, ice will not help reduce pain or inflammation. After that first day, heat may help increase the elasticity of the muscles somewhat, so try soaking in a tub of hot water for 20 minutes or more.



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