

Your Back Pain Relief Guide

Simple, honest steps to ease back pain — and how to know when it needs a closer look.

Most back pain is mechanical — it comes from how the muscles, joints, and discs of your spine are moving and being loaded, not from something dangerous. The good news: that kind of back pain usually responds well to a few sensible habits and conservative care. Here's where to start.

Feel better starting today

- 1 Keep moving gently.** Long bed rest stiffens a sore back. Short, easy walks and light activity, within comfort, help more than lying still.
- 2 Use heat or ice.** Ice calms a fresh flare-up in the first day or two; heat relaxes tight, aching muscles after that. Use whichever feels better, about 15 minutes at a time.
- 3 Mind your positions.** Support your low back when sitting, keep screens at eye level, and sleep on your side with a pillow between your knees (or on your back with one under your knees).
- 4 Lift with your legs.** Bend the knees, keep the load close, and let your legs — not your rounded back — do the work.
- 5 Don't wait it out too long.** Pain that keeps returning or isn't easing after a couple of weeks is worth having looked at, before a short-term ache settles into a pattern.

What's usually behind it

- **Muscles & joints** — strained, stiff, or moving poorly after a full day of load.
- **Discs** — the cushions between the bones can bulge and irritate a nearby nerve.
- **Nerves** — when a nerve is pinched, pain can travel into the hip or leg (sciatica).
- **Posture & habits** — hours of sitting, screens, and lifting patterns that add up over time.

⚠ See a doctor right away if...

- You have **numbness in the saddle area** (groin, buttocks, or inner thighs)
- You've **lost bladder or bowel control**, or can't urinate
- You have **new weakness or numbness in both legs**

- Back pain follows a **major fall or accident**, or comes with **fever, unexplained weight loss, or a history of cancer**

These are uncommon, but they need urgent medical care — not a home remedy.

How we help at Thrive

At Thrive Chiropractic in Troy, care is conservative and built around your exam. Dr. Rubinstein typically combines **chiropractic adjustments** to restore motion to stiff spinal joints, **soft-tissue and massage therapy** to release tight muscles, and **posture and ergonomic coaching** so the strain doesn't simply rebuild. When a disc is involved, **spinal decompression** may be part of the plan.

We're honest about what's realistic: this relieves pain and helps you move better over a series of visits — it isn't a one-time cure. You'll get a specific plan and timeline after your exam.

Call us

(248) 574-9355

Online

thrivechiropractictroy.com

Visit us

2133 Crooks Road, Troy, MI 48084

Book a visit

thrivechiropractictroy.com/schedule

Medical disclaimer: This guide is general educational information from Thrive Chiropractic of Troy and is not medical advice, diagnosis, or treatment. It doesn't replace a visit with a qualified healthcare provider. Back pain has many causes; please see a professional for advice about your specific situation, and seek emergency care for any of the warning signs above. © Thrive Chiropractic of Troy.