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## What to do if you have pulled a muscle in your leg

Reviewed by Dr. Brian Paris, D.C on 6 Nov. 2018. If you are not already already, probably, probably at some point a pulled back muscle. They the most common cause of Lombiagia. It could happen during a game of golf, cleaning the garage, or even on the dance floor. While we often tend to refer to any soft fabric pain in the back of Æ ¢ Æ,~ "Pulled back muscle, Æ ¢ Æ,~" we are really talking about two separate types of back injuries - strains and distortions. In this article, he will show you the difference between those wounds and how to quickly recover from the back muscles pulled without taking drugs like NSAIDS.Table content [# 1] Vsversian strains [# 2] are at high risk for a back muscle pulled? [# 3] Things to avoid if you have a back muscle pulled [# 4] The 5 best ways to treat a back muscle pulled [# 5] How to prevent a muscle pulled back that the difference between a strain and a distortion? A voltage occurs when wounded a muscle or a tendon. Your tendons are resistant and fibrous tissues that connect muscle to your bone. When you are experiencing the rear strain, it means you have twisted, pulled or torn your muscles or tendons that support the spine. If you extend a muscle too much, you actually causes small tears in muscle fibers. A distortion, on the other hand, occurs when extending a ligament too much or tearing it. Ligaments are fibrous tissues connecting your bones to your joints. The strains and the strains may not seem serious injuries, but the back pain that causes can really hurt! In fact, pain can be so excrement that some people are convinced - Æ "¢ Æ" ¢ 1 did something terrible for your back - and that they would need surgery. The good news is definitely not needed surgery. Pulled the muscles in the back (whether they are tension or distortion) usually heal in days or weeks alone. Please note, if you have a serious and constant pain that prevents you from sleeping, experiences a loss of bladder control or intestinal control or have a progressive weakness of the lower limbs, you may have a more serious injury for the lumbar spine and It should be evaluated by a professional. Although it is possible to have a muscle pulled in any back, these strains and distortions occur more often in the lumbar region or the lower back. One of the most common symptoms of a pulled back muscle is back pain at the bottom left. And they are so common that are the second legal complaint doctors feel - after headache. They also have the most common reason that people are missing the work, after the Common Cold.key Takeaway: Æ, Æ, Æ «Rear muscle" is a successful phrase for two separate types of injury - strains and distortions. The risk factors for the muscles returned backwards that pulled back muscle can seem suddenly, it is likely that it was a long time coming soon. You could ignore some very important warning signs. Which means that if you are not in pain. Now, you might want to sit and pay attention. Do you sit on a chair all day? Do you work wrong? Are you under tremendous stress? Are you dehydrated? Are you substantially overweight? Have you honestly answered one or more than those questions? If you answered Yes, then you are at risk of greater risk of muscle imbalances, girlfriend pain pain, and at a greater risk for wounds like a back muscle. When you experience the back muscles you pulled what you do? covering that More in the next section.Key Takeaway: there are several risk factors that can make you more susceptible to the back muscles, including stress, poor posture, being stress, Poor overweight posture and even how much moisturized. What don't do for a back muscle pulled when her wounded back, you'll probably reach a bottle of painkillers like fans and get to bed or collapse on the sofa. Or go to the doctor, which can prescribe muscle relaxants. It's not a fan of big pharma pills. For one, both fans and muscle relaxants have side effects. Some are just annoying, while others are decidedly dangerous. Relaxing muscles like popular popular can result in: (i) dry mouth or visiondrowsiness throablurred, dizziness, tired feelingloss of appetite, stomach pain, nausea,diarrhea, constipation, gasmuscle weaknessAnd NSAIDs come with their own long list of dangerous side effects, the worst of which is an increase risk of heart attack or relief from short-term stroke.For pain, I recommend natural painkillers. (You can read more on my top recommendation for a natural anti-inflammatory below.) But there are other ways to relieve pain and speed healing takeaway process.Key: Big PharmaÆ ¢ s solutions are inferior when it comes to pulled back muscles ae can also cause serious side effects.5 best ways to treat a lower back pulled muscleHere are the five most important steps you can take now to help your body recover quickly from the back and treat a pulled muscle: 1. Apply cold to pulled back muscleYou should apply ice to your injury as soon as possible. Before applying the more it will help.The ice cold will cause nearby blood vessels constrict and also minimize the swelling and painful cold inflammation.The also stimulates your body to run more oxygen-rich blood rich in antibodies and vital nutrients to repair the damage and carry away waste products in an attempt to heat the area.Use an ice pack, a Ziploc bag of crushed ice, or even a bag of frozen vegetables in a pinch.Apply the cold compress, with a circular motion to avoid the rest of the ice in one place too long.Be sure to place a thin towel between the pack and your skin to help prevent frostbite.Ice can be applied up to 20 minutes at a time. Repeat during the first days, or after the flare-ups.2. Apply heatÆ to the rear muscleTry pulled the application of heat directly to the area that is stretched or bent immediately after the ice. This is an effective way for a double Shocka back muscles out pain-spasm cycle.Apply 20 minutes of ice followed by 20 minutes of heat and repeat up to three times.This should provide some relief from severe back pain pain.There are many ways to apply heat, including a long hot shower, ultrasound, heating pad, and cream.If pain you want the gold standard in heat to relieve pain, try a heating pad far infrared, which it produces heat which penetrates much deeper than the surface heating is applied un'offers.As standard heating pad heat, the back muscles relax and increases circulation again as your body sends fresh blood supply to cool the rear area to normal. Repeat heat treatments as necessary.3. Use natural anti-inflammatoriesThink twice before you reach for that bottle of painkillers. It could kill more than just truth is pain.The inflammation is a normal part of the healing process. The problem with inflammation is our body lose the ability to turn off the inflammatory response, as we have more older.Over-the-counter drugs non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen can help with pain and inflammation, but also bring significant for heart and digestive health risks.A best approach is to replace what the body stops producing enough of how Agea | specifically, enzymes.These systemic proteolytic enzymes are the same used by the body to naturally quell inflammation once the healing is complete and clean excess scar tissue. By giving your body what it needs to heal, instead of masking the symptoms, both to reduce the painful inflammation and Until actual time.4 Recovery. I remain a but not too much MuchdonÆ ¢ tough too long. Some time sofa wona tale, but the light activity accelerates recovery, so as to avoid lying down for long periods of time.Growing shows tries there is little or no benefit for resting in bed over staying Active.so Use this empirical rule: Listen to your body.ultimately, your pain level will determine your activity level Back pain started after lifting something heavy, lifting heavy objects to avoid avoiding at least a week while your muscle pulled back heals. Also, avoid sitting for too long. Long periods of sitting can tighten the muscles and cause pain and stiffness in the lower back muscle. When you sit down and you find, use good posture, avoiding collapse in the head and spalle.5. Stretching and strengthening of esericiziyou want to be very careful your first couple of days, but a bit 'of light stretching can often reduce pain from a pulled muscle at the bottom of relieving the tension back.Include both the reinforcement that the stretching.Teryyyy Easy lenghtening exercises while lying in bed. Raise your knees gently out of bed in the chest, then put a little pressure on your knees for a light stretch in your lower back. This stretch can help relieve muscle spasms in your back faster than waiting for them to fix it yourself. The stretch should not add to your pain. You can listen to your body. Sometimes, the straps of the back support compression can be useful during the healing process. This help keep the spine stable and can help to further irritate your lower back when he turns or bends in all giornata.Compressione can also help reduce the swelling after an injury, so the suspenders compression may be useful. wear a compression brace all day, though Æ ¢ ~ "only for a few hours, or when you know that you will be more active. By continuing to do this for too long it can keep you from fully heal, as you have to be able to strengthen those muscles recuperare.Key Takeaway: to help your body recover more quickly and reduce pain from a pulled back muscle, alternate cold and heat therapy, use natural anti-inflammatory, take some 'rest (but not too much!) and delicate test Stretches.Come to prevent a pulled back Muscleyou can avoid pulling the lumbar muscles by taking some simple protective steps. Watch what they eat ¢ stay away from inflammatory foods, such as baked goods, processed foods, fruit juice, soda, sweetened cereals and fast food. They make your body more sensitive to pain. Keep fresh fruit and vegetables the main part of your dieta.Ancuotere foods rich in speakers to breed are omega-3 fats such as salmon, sardines and walnuts. Æ Æ You need protein in your diet helps to repair damaged tissue and to build and strengthen muscle. And do not forget to drink plenty of water to hydrate the tissues and organs and allow your body to regulate its temperature throughout the day. Eleziare the stressful people hold emotional stress in their muscles. Frequent stress, anxiety and tension can lead to tight muscles and muscle strains. You may be able to prevent a new back pain with simple techniques such as massage and meditazione.Studies show that massage is an effective way to reduce stress and relax him Muscles. If you have not tried meditation, maybe you should. In as little as 10 minutes to be still, breathing deeply, and center your thoughts tranquility can both mind and body after a stressful day. Your backwhat the kind of support does your desk chair, car seat or offer a couch? Probably not enough with a back support pillow or a rear ortotosso cradling your pelvis and spinal floats your system to reduce the pressure build-up throughout the day and automatically correct slender seating positions and promote good posture. Improve your posture sitting posture can relieve excess strain on the back muscles that can make you prone to a pulled back muscleKey takeaway: Improve your diet, reducing stress and The right rear support can help prevent future occurrences of pulled back lower muscles.5 Takeaway about pulled back muscleskey takeaway takeaway # 1: reduced lumbar muscles (strains and distortions) can be extremely painful, but rarely require medical intervention. Takeaway # 2: Several lifestyle factors could put you more risk to develop a muscle pulled into your back. Takeaway # 3: Prescription and bench-top drugs can often make more damage than good when the treatment of a back muscle pulled. Takeaway # 4: You can accelerate recovery and e Pain with some simple home remedies: cold therapy and heat, natural anti-inflammatories, rest and stretching.key Takeaway # 5: To reduce the risk of pulling a back muscle in the future, focus on cleaning your diet, reducing stress levels and Making sure your back is supported correctly. User note: This article has been reviewed by a member of our medical advisory board. The content provided is for information purposes only and should not be interpreted as a medical advice. Please consult your doctor if you have questions about your health. 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