

Back Health Myths and Facts



Back pain is very common, and so are the myths about what can lead to pain and how best to treat it. Because there are multiple causes of back pain, as well as multiple types (for instance, a sharp stabbing sensation is very different from a dull, unrelenting ache), it's important to know the facts, and talk to your doctor about your symptoms.

Myth: Never lift heavy things.

Fact: How you lift a heavy object matters more than *how much* it weighs. Here's how to do it: Squat close to the object. Keep your back straight and head forward. Push up with your legs while holding the item toward the middle of your body and avoid twisting or bending.

Myth: The best thing for a sore back is bed rest.

Fact: If you have chronic back pain, gentle exercise, such as walking or stretching, may be able to help. For a sudden injury, some rest can help.

Myth: Always sit up straight.

Fact: When you're sitting, yes, sit up straight. But the key to good back health is not to spend all your time sitting.

Myth: Exercise can hurt your back.

Fact: Exercise strengthens the muscles that support and stabilize your spine. A health care professional can show you exercises that can relieve symptoms of back conditions such as bulged discs or sciatica.

Myth: All back pain is caused by injury.

Fact: Some back pain is caused by injury, but it can also be caused by disease, infection, an inherited condition or disc degeneration.

Myth: Spine surgeons always recommend surgery.

Fact: The vast majority of back problems can be resolved without surgery, and even most surgeons reserve recommending spine surgery for people who have already exhausted other less-invasive options.

Visit HorizonBlue.com/doctorfinder to find in-network doctors and hospitals so you can get the care you need when you need it.



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>. Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Source: WebMD®

This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey. The information is general in nature and is intended to provide you with an overview of the wellness topic to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor. If you have any questions or concerns about your health or the health of any of your family members, consult your doctor. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2019 Horizon Blue Cross Blue Shield of New Jersey, Three Penn Plaza East, Newark, New Jersey 07105.



EC003896C (0819)

HorizonBlue.com/shbp