

Download Why Does My Back Hurt So Much

Spine-Related Problems. Back pain often happens because something is off in the way your spinal joints, muscles, discs, and nerves fit together and move. Your doctor can check to see if you have: Herniated or slipped discs: If your doctor mentions this, the soft tissue in the discs between your joints has come out. Sleeping positions. If you notice back pain every the morning, your sleeping posture could be the culprit. Poor sleeping positions can put pressure on your spine, causing its natural curve to flatten. This can also cause back strain and uncomfortable pressure on your joints. If you frequently sleep on your stomach,...Scoliosis. An abnormal curvature of the spine can cause back pain. Less commonly, low back pain can be a sign of a serious medical condition, such as diabetes or a pinched nerve. An intense workout or lifting something heavy is also a frequent source of pain, especially in the lower back. Low back pain is the most common form of back pain because those muscles, ligaments and discs are under the most pressure when you're sitting or lifting.