

Forum:[Hack Forums](#)

Thread: [Do you have back pain? How do you deal with it](#)

RangoWorld - March 4, 2025, 2:12 am

I see many young adults these days. Many even in their 20s struggling with back pain, back spasms and all other back related issues.

One of my friend does. Though we both sit in front of computer for extended periods of day.

I've not got any serious back pain thus far. I used to have little long ago. Personally I have been stretching for 5 years now. I don't know if this is the reason that has helped me.

If any of you have back related issues or have dealt with in the past. How have you dealt with it?

? sentient ? - March 4, 2025, 2:50 am

I used to have back pain from sitting in front of the PC for long periods of time. At first I acquired a good chair and tried to work on my posture, but this doesn't fix the underlying root cause of the issue, all it took was slipping once for that 3-5 day long back pain to hit me again, or just having bad posture in the sofa watching TV once and it'd be extremely painful to the point where I couldn't ignore it, either on the lower back or upper back around the neck and shoulders.

Eventually I figured out that despite bad posture these were all caused by stiff muscles, what really provided some relief was magnesium bisglycinate, but even this wouldn't fix it all. I started exercising much more regularly, going to the gym, at this point I never got stiff back anymore, but after intense cardio I would get a ton of over solicitation gastrocnemius calf cramping.

Obviously calf cramping was still somehow related to the same stiff lower/upper back that led originally to back pain, but at this point it wasn't affecting me outside of exercise. I started adding magnesium to my exercise water as electrolyte replenishment, didn't fix it. I added salt, also didn't fix it. Eating 3/4 bananas daily, including one right before exercising, didn't fix it.

Eventually I found out that somehow drinking 8 coffees a day was was causing the final muscle cramping issue, which I knew would deplete my magnesium storage, but didn't know that was eventually unavoidable, or at least not fully explained by magnesium. Last daily coffee I was drinking would stop at least 6 hours before exercise. After significantly cutting down on my coffee consumption to 3 coffees daily, it no longer happens at all and also DOMS / stiff muscles the days after seems to recover much quicker too.

That's my story on back pain, muscle stiffness, and finally over solicitation cramping which are all all eventually related.

Back pain isn't normal, even if you stay sit in front of your PC for long periods of time, don't let anyone convince you otherwise.

Tha Sneak - March 4, 2025, 9:27 pm

I have back pain due to a back injury in two places I take prescription pain killers Hydrocodone 7.5mg/325mg three times daily. It helps me a lot. I didn't even know my back was injured until I went and got an MRI. I highly recommend going to a pain specialist if you haven't done so while I'm on pain killers at the moment they give me relief until alternative treatments can be done such as shots

in my back along with other things to help my back heal.

You never know if you have a back injury if you have back pain even if it's caused by sitting too much you could actually have a back injury that needs to be corrected because even small injuries can cause significant, excruciating pain. While I'm not advocating for opioid prescription pain killers they do work and provide temporary relief it is important to seek long term treatment and find solutions to the underlying problem.

Doing nothing at all is never going to make your back pain go away, but if you have any questions feel free to DM me.

HOMODIN - March 4, 2025, 9:53 pm

I have been dealing with backpains since I was 19 or 20, got some hc painkillers at first but they just mess up my ability to function so I kinda just skipped out on them. Turned to weed which helped with the pain and with getting some well needed sleep and over time (a few weeks) it started getting noticeably better. The weed was a temp thing too so yeah, never got hooked, never got completely wasted. I still do get back pains now and then, mostly it's due to a one or several of the following things: not enough sleep, crappy pillow, not enough nor good enough food or me just sitting like a potato sack in front of the computer for too long (pro tip, get a standing table).

So yeah, to all who are dealing with these pains, take a look at the daily routine, analyze it, figure out what you are doing wrong. In most cases things can be solved with just some minor adjustments.

SIM-63814 - March 4, 2025, 10:34 pm

Back stretching exercises few times a day & full body stretching sometimes too. And also back muscles building exercises in gym to help keeping a healthy posture.

Hungry4Knowledge - March 5, 2025, 1:39 am

Two words: rolling foam

truePi - March 5, 2025, 11:22 am

heated cloths could help

deadl0gic - March 6, 2025, 7:43 am

If you familiar with kratom, I consumed it and it did magic on my backpain.

gnojedkire - March 7, 2025, 8:53 pm

To hang with your body at something will sometimes also help

kinnu543 - March 13, 2025, 10:21 am

I don't have back pain but one of my colleagur suffering from it. He stopped driving and hired a driver.

Infinity. - March 13, 2025, 12:25 pm

Back pain is real dude.. back pain is real fucking real.

How old is you? Do you got a coding job which makes you fixated on a chair for long hours?

Flan. - March 15, 2025, 11:25 am

Stretching regularly has definitely helped me with my back pain as well. I also make sure to take breaks and move around during long periods of sitting. It's important to take care of our backs, especially with how much we rely on technology these days.

rm-rf.me - March 15, 2025, 11:49 am

I have scoliosis, severe, but rather live with pain than not walk. Stretching makes differences of night and day. Agreed on stretching.

blackrose_x0x0 - March 15, 2025, 11:53 am

Back pain sucks but whats helped me the most is working out (developing strong legs and glutes), plenty of walking, and yoga to stretch the spine out.

neightworks. - March 15, 2025, 12:04 pm

My L5/S1 is completely dry and degradation has started, I get epidurals every 3 months or so and it masks the pain almost completely. Without them I have trouble existing.

HaxxorBunny - March 15, 2025, 3:08 pm

whatever you do don't start taking pain medication if at all possible. I know too many people who went down this path and none of them had a happy ending...

sticksdev - March 22, 2025, 8:43 pm

I'm just gonna leave this here.

I was born with severe scoliosis. Back pain is literally my arch nemesis

BerryPretty - March 23, 2025, 8:52 am

Never had any, just sit straight and walk often

Rsynced - March 23, 2025, 10:37 am

(Mar 6, 2025 08:43 AM)deadl0gic Wrote: [\[CITE\]](#) If you familiar with kratom, I consumed it and it did magic on my backpain.

I used to use this, be careful, the withdrawals from long term use are hell!

Beherit - April 1, 2025, 7:02 pm

Move around my mattress - see if it's sunken in. Replace the whole thing if persists.

I've got an ergonomic chair at my desk that I sometimes slouch in, but I usually catch myself and align my spine upright.

TheNaturalBoy - April 16, 2025, 7:09 pm

Stretching and using a bar, I sometimes use the one in a small park near where I live. My back problem is due to injuries and work accidents from my childhood. It's horrible, but I also don't want to take medication lightly, as it could cause problems. I'm still trying to save up to see a specialist; I don't want to reach 30 with an acute and chronic problem.

Alf Robertson - April 18, 2025, 4:07 am

Prostate cancer can manifest itself as back pain. It is therefore important to go to the doctor and do a PSA test to eliminate such things.

Hopsin - April 22, 2025, 9:46 am

I used to have daily back pain. I was skinny and young.

Once I gained some (normal) weight for my height and improved my BMI, sleep, workout and diet...the backpain was gone. Like permanently.