

HOME REMEDIES FOR BACK PAIN CAUSED BY SNEEZING

01

Ice and heat: Apply an ice pack for the first few days, then switch to gentle heat to relax muscles.

02

Over-the-counter pain relief: NSAIDs like ibuprofen can help reduce inflammation.

03

Gentle stretching: Incorporate light stretches to improve flexibility and mobility.

04

Stay active: Gentle movement, such as walking, swimming, or yoga, helps increase circulation and promotes healing.

05

Manage stress: Deep breathing or meditation can help reduce tension that contributes to muscle tightness.

