



## Impact of Lifestyle on Relieving Musculoskeletal Pain

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### Description

Musculoskeletal pain is a common problem that affects millions of people worldwide. It can be caused by a variety of factors, including injury, poor posture, repetitive strain, and chronic conditions such as arthritis. While painkillers and other medications can help to manage musculoskeletal pain, lifestyle changes can also play a significant role in reducing symptoms and improving overall quality of life.

#### Reducing musculoskeletal pain

The musculoskeletal pain can be reduced by following these activities or lifestyle changes on a regular basis. They are:

**Exercise regularly:** Regular exercise is essential for maintaining good health and preventing musculoskeletal pain. Exercise helps to strengthen the muscles, improve flexibility, and increase overall endurance. It also helps to maintain a healthy weight, which can reduce pressure on the joints and reduce the risk of developing conditions such as osteoarthritis.

A combination of aerobic and strength training exercises is ideal for improving overall fitness and reducing musculoskeletal pain. However, it is important to consult with a physiotherapist or exercise specialist to design a program that is safe and appropriate for individual needs.

**Improve posture:** Poor posture can contribute to musculoskeletal pain, particularly in the neck, shoulders, and back. Improving posture can help to reduce strain on the muscles and joints and alleviate pain.

There are several ways to improve posture, including using ergonomic furniture, taking frequent breaks during prolonged periods of sitting or standing, and engaging in exercises that strengthen the core muscles.

**Maintain a healthy diet:** A healthy diet is essential for maintaining good health and reducing the risk of developing conditions that can contribute to musculoskeletal pain, such as obesity and osteoarthritis. A diet rich in fruits, vegetables, lean proteins, and whole grains can help to reduce inflammation, promote healing, and maintain a healthy weight.

**Manage stress:** Stress can contribute to musculoskeletal pain, particularly in the neck, shoulders, and back. Managing stress through relaxation techniques such as deep breathing, meditation, and yoga can help to reduce tension in the muscles and alleviate pain.

**Get enough sleep:** Getting enough sleep is essential for maintaining good health and reducing the risk of developing musculoskeletal pain. During sleep, the body repairs and rejuvenates itself, including the muscles and joints. Adults should aim for 7-9 hours of sleep per night, and children and teenagers should aim for 8-10 hours.

**Avoid smoking:** Smoking can contribute to musculoskeletal pain, particularly in the joints. Smoking can reduce blood flow to the joints, impair healing, and increase the risk of developing conditions such as osteoporosis and osteoarthritis. Quitting smoking can help to reduce pain and improve overall health.

**Stay hydrated:** Staying hydrated is essential for maintaining good health and reducing the risk of developing conditions such as osteoarthritis. Water helps to lubricate the joints, reduce inflammation, and promote healing. Adults should aim for 8-10 glasses of water per day, and children and teenagers should aim for 6-8 glasses.

### Conclusion

Musculoskeletal pain can be a debilitating condition that affects many people. While medications can help to manage pain, lifestyle changes can also play a significant role in reducing symptoms and improving overall quality of life. By incorporating regular exercise, improving posture, maintaining a healthy diet, managing stress, getting enough sleep, avoiding smoking, and staying hydrated, individuals can reduce the risk of developing musculoskeletal pain and improve their overall health and well-being.