

Why is my back so stiff in the morning?



Know Your Joints
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Suggestions

SUMMARY: We are all actually taller first thing in the morning than we are before we go to bed at night. When we lie horizontally, the discs in our back fill with fluid and gently push the vertebrae away from one another, lengthening the spine. The reason, our backs are often stiff in the morning is that the discs are so full of fluid. Read on for more details.

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Do you ever sleep longer than you normally do and get up stiff and painful. I know this happens to me. Why is that? A little known fact is that we are all actually taller first thing in the morning than we are before we go to bed at night. It is all about our spinal disks. The disks in between each of our vertebrae are packed with very concentrated protein chains that love water. In scientific terms, this means they are “hydrophilic.” When we lie horizontally, the discs fill with fluid and gently push the vertebrae away from one another, lengthening the spine. The reason, our backs are often stiff in the morning is that the discs are so full of fluid, like water balloons ready to burst according to S. McGill. When we get up in the morning, and our spines are once again vertical, the excess of fluid in each disc begins to seep out and an hour or two after rising from bed we have returned to our normal heights. This natural ebb and flow is health and is what allows the discs to obtain nutrition. Problems arise, however, when the spine remains in a horizontal position for too long. While about eight hours in bed is healthy, much longer than that is not as it allows the spine to continue to swell and cause disc pain. Limiting your time in bed can help with this, as can selecting the right mattress for your back. One of the most important things I tell people in the morning is to log roll out of bed and do not bend over to soon. Just walk around and do not sit. Let the fluid seep out. This is a an easy way to prevent having a back issue. Getting up when the spine is stiff and exercising on a stiff spine can be problematic and disastrous.