

Breast Reduction and Back Health

It's hard living with back pain. The aches and pressure can last for weeks, months and even years. If you have back pain and can't seem to find relief, large breasts may be causing your discomfort. Fortunately, you can ease the strain in a number of ways. Learn more about the role large breasts play in back pain — and what your options are for living a more comfortable life.



How large breasts cause back pain

A healthy, normal upper back is very strong. Sometimes though, the muscles in your upper back can get strained. This means they stretch to the point that they hurt or tear. Usually, exercising or hunching over can strain your back muscles. But, when you have large breasts, there's extra weight on the front of your body. Your upper back may not be able to support this added weight. If you wear a D cup or larger, there's a chance your breasts may strain your back muscles. This results in upper back pain that can feel like it never goes away.

Large breasts can also worsen back pain from another condition. Having poor posture or overusing your upper back muscles can feel more painful if the weight of large breasts pulls your chest forward. It can even be harder to heal an injured spine disc if you have larger breasts.

Ways to relieve the pain

Depending on how much your back pain bothers you, there are several things you can do to ease it. Your options include:

- **Losing weight.** This can eliminate some of the weight that's straining your back.
- **Taking over-the-counter or doctor-prescribed medications.** These aren't long-term solutions to relieve pain. They can help if you use them occasionally.
- **Doing physical therapy.** A physical therapist has you do special exercises. These improve your posture and strengthen your back muscles. This may help your back better support the weight of your breasts.
- **Getting custom-made bras.** These are made to fit your exact shape and provide extra support. Custom bras and sports bras redistribute weight on your chest to keep you more comfortable.
- **Having breast reduction surgery.** If the other options don't relieve your pain, you may consider having breast reduction surgery. During this procedure, a doctor removes extra breast tissue. They also tighten and reshape skin around your breasts.

Is breast reduction surgery right for you?

Your back pain can be bad enough that medications, exercise and new bras don't relieve it. If this is the case, you might consider a breast reduction surgery. Breast reduction surgery is also called reduction mammoplasty. It's the only permanent treatment when large breasts cause your back pain.

Work with your doctor to decide if breast reduction surgery is right for you. They may recommend that you try all non-surgical methods first. Your pain might still be severe and interfere with everyday life. If that's the case, surgery may be your best option. Many women who have reduction mammoplasty report that their pain disappeared after the operation.

Is upper back pain getting in the way of your daily life? There's a solution. Visit [Mercy.com](https://www.mercy.com) today to make an appointment with a primary care doctor or specialist. We'll help you get to the root of your back pain and explore the treatment options that work for you.

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