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# This Is How To Stop Back Pain From Big Boobs

An osteopath reveals the downside of having ample assets

BY EMMA FRITCHARD 03/07/2018



You don't need to look like Katie Price to know that being big breasted can bring with it some unwanted side effects. Like:

1. It's harder to find pretty, cute – and supportive – sports bras. Meaning running on the treadmill is akin to a scene from Jurassic World: painful and in your face. (FYI: this round-up of the [best sports bras for large breasts](#) is proof they do exist.)

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2. And, even worse, you're more likely to suffer from back pain.

Yes, you read that right.

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Although poo-pooed in the past, Japanese [research](#) has revealed that the larger a cup size a woman has, the more likely she is to report symptoms of severe shoulder and neck pain.

## Why do big breasts cause back pain?

"Big breasts can have a massive impact on your body and the way you live," says Anisha Joshi, osteopath at [The Woodside Clinic](#).

"To put it into perspective, D-cup breasts weigh between 16-24 pounds – that's an additional two stone you'll be carrying around on your rib cage and upper back."

It's essentially a 24/7 workout.

"It isn't easy to hold up large breasts all day," continues Joshi. "So, you'll be more likely to slump – at your desk, behind the steering wheel, in front of the TV or even when queuing at the supermarket. When you slump forward this encourages your head into extension, which is why so many women with large breasts also complain of neck pain."

Breasts also change your centre of gravity; according to those same Japanese researchers, large or heavy breasts may lead to continuous tension on the middle and lower fibres of the trapezius muscle and on associated muscle groups. Which is how, although your breasts are on your front, you can experience pain through the mid-back part of your spine.

"The bigger your breasts, the more likely they are to move about and the harder your posterior back muscles have to work in order to balance you whilst walking or doing exercise," says Joshi. "This commonly leads to a thoracic scoliosis, which is where your mid-back is pulled out of line."

Indeed, researchers in Turkey found women with breast cups size D and above tend to have greater curvatures of the spine that small-breasted women. And yes, you guessed it, poorer posture, too.

## Other side effects of big breasts

"Additionally, large breasts can affect the rise and fall of your rib cage, which can affect how much oxygen your lungs are taking in when exercising," says Joshi. "This can make you hyperventilate and struggle for breath making you feel like you're 'unfit' – but the reality is the weight on your chest is limiting your lung function."

## What can I do to stop my big breasts from causing me back pain?

The good news is you don't have to book yourself in for [breast reduction surgery](#) any time soon. Here are three steps you can take yourself, at home, to reduce the likelihood of your big breasts causing you back pain.

### 1. Wear the correct bra size

Sounds obvious but 70-75% of you aren't. Here are five signs you're one of those [wearing the wrong size sports bra](#) plus tips on exactly how to choose a [gym bra](#).

### 2. Consider losing weight (if you have excess to lose)

Achieving a healthy weight will make both your frame and breasts lighter, which, in turn, can alleviate unnecessary tension and chronic neck and back pain. Here's [how to lose weight well](#) – and sustainably.

### 3. Try different types of exercise

Yoga, for example, can be really beneficial when it comes to managing breast-related back pain. Try these eight [yoga poses for back pain](#), for starters, or watch this short [yoga for shoulder pain video](#). If weight-training is more your thing, here's a [workout for preventing back pain](#).

While you're showing your breasts some attention, [this simple change to your shower routine could save your life](#).