

Millions Drink it Daily, But at what Cost? Sri Ramakrishna Hospital's Orthopedic Specialists Explain the Link Between Tea, Coffee and Musculoskeletal Pain

Category: Business

written by News Mall | December 26, 2025



Many patients complaining of persistent neck or back pain overlook one daily habit, post-meal tea or coffee. Orthopedic specialists from Sri Ramakrishna Hospital highlight how caffeine can affect bone health, muscle tension, and inflammation when consumed immediately after food. The hospital's experts share medical insights, warning signs, and practical lifestyle advice to help people protect their spine and joints.



Best Ortho Hospital in Coimbatore

Everyone loves their hot tea or coffee either early morning or in the evening. While a few enjoy throughout the day in between work. Their brains are trained in a way to enjoy a cup every now and then. But is it doing any good? We have heard it all, these hot beverages are disrupting the sleep cycle, making the stomach go acidic when taken on an empty stomach. [Orthopedic specialists](#) now suggest that these hot beverages when taken especially after meals may be the reason for those joint pains.

Expert orthopedic doctors share insights on how healthy these drinks are and how they actually influence bone health, muscle function, posture, and pain perception, especially in individuals already prone to spinal discomfort.

Neck and Back Pain: A Growing Concern

Today the majority of the people complain about neck and back

pain. Long hours of sitting, poor posture, sedentary work habits, nutritional deficiencies, and stress can contribute to significant spinal strain. While tea or coffee alone cannot be directly held culprit for neck or back pain, orthopedic experts highlight that habitual consumption immediately after meals may indirectly worsen existing musculoskeletal issues.

The Impact On Nutrient Absorption Due To Tea and Coffee

Orthopedic experts explain that tea and coffee contain compounds such as caffeine and tannins, which can interfere with the absorption of essential minerals when consumed immediately after meals.

- **Calcium absorption:** Calcium is vital for bone strength and spinal stability. Regular interference in absorption may weaken bones over time.
- **Iron absorption:** Poor iron levels can lead to muscle fatigue and reduced oxygen supply to tissues, worsening pain and stiffness.
- **Magnesium balance:** Magnesium plays a role in muscle relaxation and nerve function. Reduced levels may increase muscle tightness and spasms.

Over months or years, these nutritional imbalances can contribute to reduced bone density and muscular discomfort, especially in the neck and lower back.

The Unseen Connection Between Caffeine and Muscle Tension

Caffeine acts as a stimulant that directly activates the central nervous system. According to orthopedic specialists,

excessive caffeine intake can:

- Increase muscle tension, particularly in the neck and shoulder region
- Increased pain sensitivity in people with chronic joint or bone conditions
- Disrupt sleep quality, which is crucial for muscle repair and recovery

Poor sleep and persistent muscle tightness often go hand in hand with chronic neck and back pain, creating a cycle that is difficult to break.

Post-meal Habits and Poor Posture

Orthopedic Experts at [Sri Ramakrishna Hospital](#) also highlight the behavioral aspect linked to tea and coffee consumption. Many people drink tea or coffee after meals while sitting for long periods—often in slouched or unsupported postures, especially during work hours.

Prolonged sitting combined with caffeine-induced muscle tightness can increase spinal load, leading to:

- Neck stiffness
- Upper back strain
- Lower back discomfort

Over time, this can worsen posture-related spinal conditions.

Does Tea or Coffee Directly Cause Back Pain?

Orthopedic doctors emphasize that tea or coffee is not a direct cause of neck or back pain. However, it can act as a contributing factor when combined with:

- Poor posture
- Lack of physical activity
- Inadequate nutrition
- Existing spinal problems such as cervical spondylosis or lumbar disc issues

For individuals with pre-existing orthopedic conditions, small lifestyle habits can have a noticeable impact on symptom severity.

What Should One Follow?

Orthopedic experts advise extra caution for:

- People with chronic neck or back pain
- Individuals diagnosed with osteoporosis or low bone density
- Office professionals with long sitting hours
- Elderly individuals
- Women at risk of calcium deficiency

For these groups, timing and moderation of tea or coffee intake becomes particularly important.

Understanding The Expert Recommendations On Healthier Alternatives

Orthopedic Specialists at Sri Ramakrishna Hospital recommend simple lifestyle adjustments rather than complete avoidance:

- Wait 30–60 minutes after meals before having tea or coffee
- Ensure a calcium-and protein-rich diet to support bone and muscle health
- Stay hydrated with water or herbal infusions
- Maintain correct sitting posture during work hours
- Incorporate regular stretching and strengthening exercises for the spine on a regular basis.

These small changes can significantly reduce the risk of worsening neck and back pain.

Orthopedic specialists remind us that enjoying tea or coffee is not harmful when done mindfully. Moderation, timing, and an active lifestyle play a crucial role in protecting spinal health.

By making informed choices and seeking timely orthopedic care,

individuals can continue their daily routines comfortably – without letting small habits turn into long-term pain.

The orthopaedic experts at Sri Ramakrishna Hospital emphasize that understanding everyday habits, such as diet, posture, and activity patterns, can make a meaningful difference in spine and joint health. Backed by advanced diagnostic facilities, evidence-based treatment protocols, and a multidisciplinary rehabilitation approach, the Orthopaedics Department at Sri Ramakrishna Hospital continues to help patients move better, live pain-free, and regain confidence in daily life. With a strong focus on patient education and preventive care, the hospital remains committed to delivering comprehensive musculoskeletal care that supports long-term well-being across all age groups.

