3 Exercises For Back Pain

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Exercises for Back Pain

Back pain is an unfortunate thing that many people experience at some point in their lives. This pain can be the result of a muscle or ligament strain, arthritis, osteoporosis, bulging or ruptured disks, skeletal irregularities, or something else.

Though lower back pain is the most common complaint among individuals, there are certain areas in the upper portion of the back that can be bothersome as well.

Back pain can present itself as a dull muscle ache or a shooting stabbing pain. It can radiate down an individual's leg and may also make it almost impossible for them to stand up straight. Another common problem with back pain is that when it is present, it often causes an individual to have limited flexibility and less range of motion in their back.

Back pain is often treated with pain medications, but the symptoms can also be lessened with the use of specific stretching exercises for back pain. Performing back exercises every day can help to stretch and strengthen the back.

It helps to repeat exercises several times for the best results. After doing the exercises for several days in a row, they will begin to get easier. It is always important to consult a doctor before performing any exercises to prevent injuries.

Knee to Chest Stretch

This strengthening exercise begins with an individual lying flat on their back on the floor with their knees bent.

1. With both hands, take one knee and pull it up to the chest area and hold it for approximately 15 to 30 seconds.
2. Slowly lower the knee back down to the starting position and then repeat with the opposite leg.
3. After lowering the opposite leg, repeat the steps pulling both legs this time.

It is recommended to repeat the stretches at least three times.

Back Extension with a Roman Chair

If a Roman Chair is available, the back extension exercise is a good one to try.

1. Sit on the Roman Chair back extension station with legs under the leg hooks.
2. Cross both arms over the chest and lower body at waist level. The back needs to be naturally arched and not too slouched.

3. With a smooth controlled motion, raise the upper body at the waist; the body should form a straight line.
4. This position needs to be held for just a brief moment before returning to the starting position.

Lower Back Flexibility Stretch

If lower back pain is a problem, this stretch is helpful.

1. Begin by lying flat on the floor with knees bent. The feet should both be flat on the floor.
2. The back needs to be arched and held for five seconds.
3. Relax after five seconds and flatten your back.

This simple exercise should be repeated at least five times when first performed. Many people can do 30 repetitions daily after just a short amount of time.

If an injury caused back pain, chances are the pain will get better within a few weeks. It is important to take it easy though and only perform light activities to prevent worsening the injury.

If the back pain is chronic, several treatment plans may be necessary to relieve the pain. Stretching and strengthening exercises are extremely helpful in most circumstances.

Tips on About Exercising for Back Pain

- Start slow when performing these back exercises and if the pain worsens, stop and take a break.
- Doing too much all at once can often cause more strain on the back, which results in even more pain.
- Only do what you are comfortable doing and then slowly work your way up to more repetitions.
- Performing several varieties of back stretches daily can make a huge difference.