

Low Back Pain – Exercises to Help

Now, a health minute.

Lower back pain is one of the most common complaints patients report when seeing their doctors. Stretching exercises and some aerobic activities can help to decrease lower back pain and restore motion and strength.

For example: the knee to chest exercise stretches out the lower back muscles to reduce back pain.

The trunk rotation stretch relaxes the lower back muscles as it stretches them out.

These are just a couple of recommended back exercises.

More stretching and strengthening routines are available from physical therapists... chiropractors, rehabilitation centers and doctors' offices.

Aerobic activity such as bicycling, walking and swimming can help as well.

If you have lower back pain, talk to your doctor about activities you can do to help. And always consult with your healthcare provider before starting any exercise program.