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Back pain exercises for relief and healing by [Jamesms](#)

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Back pain exercises have been the subject of discussion for a while now and many people are trying to figure out ways in which they can soothe their backs. Cases of limbo-sacral, L1 L2 strains, slip discs, cervical spondylitis, and bulging disc and so on are becoming increasingly common across age groups. In such a context identifying and practicing effective back pain exercises is the need of the hour. Believing that rest is the only cure to backache is primitive. There are exercises that experts prescribe to alleviate the pain, strengthen the back and avoid future pain. This article discusses why exercises are so important to keep one's back pain under check.

The causes for back pain and the need for back pain exercises:

The cause for strains on the back is attributed to factors such as the fast paced lifestyle of people, increased travel time, lack of proper exercise, unplanned dietary practices, genetic problems and improper postures. Other causes such as sudden jerky movements of the spine, accidents, lifting of heavy weights and also (incredibly) the collection of toxins in the spinal area are also identified as causes to back pain. Back pain exercises can tone down the effects of the above stated causes and provide significant relief to one's back.

Some back pain exercises that can prove invaluable:

There are a few good books available in the market and they discuss the best ways to deal with back pain. Most of them highlight that back pain exercises must concentrate on three things strengthening the lower back, strengthening the upper back, alleviating pain (if any). Depending on the fitness levels of a person the intensity of these exercises may be arrived upon. Here are a few exercises that experts suggest:

• Walking, jogging and swimming as a daily habit can help the back; however intensity depends on a person's comfort level

• Wall slides can make a big difference to strengthen the leg muscles, back and hip

• Leg raises contribute to stronger legs and hips

• Leg rises lying flat on one's stomach can assist the stomach muscles and hip muscles to recuperate

• Swinging exercises - back leg swings can prove invaluable in relieving existing pain

• Curl or fetal position curl and stretch

• Two minute back bends

• Knee to chest exercise " both single and double

• Press up

One may alternate between these exercises depending on one's needs and also include workouts such as Tai Chi, Yoga and Aquarobics. One needs to exercise in the above suggested manner at least 3-5 times a week to find relief from back pain. Approaching good physiotherapists, chiropractors and osteopaths is a good idea, but exercising regularly can help people avoid

unwanted expenses. The option of hitting a gym or hiring a personal trainer is always open; it is also important to exercise on one's own based on due instructions.

Back pain exercises can go a long way in pain alleviation and prevention of degenerative spinal conditions and also keep a person active for a longer period of time.

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The author writes about the problems stemming from a [Back pain exercises](#) and suggests remedies which will help alleviate the intense pain.

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