

Exercises To Prevent Or Relieve Of Back Pain



7 Exercises to Prevent or Relieve of Back Pain

★★★★☆ 4.5 out of 5

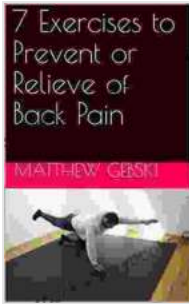
Language : English

File size : 1797 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled



Print length : 11 pages
Lending : Enabled



Back pain is a common problem that can affect people of all ages. It can be caused by a variety of factors, including poor posture, muscle strain, and injury. While there are many different ways to treat back pain, exercise is one of the most effective.

There are a variety of different exercises that can help to prevent or relieve back pain. Some of the most effective exercises include:

- **Pelvic tilts:** This exercise helps to strengthen the muscles that support the lower back. To do a pelvic tilt, lie on your back with your knees bent and your feet flat on the floor. Tilt your pelvis up towards your chin, then lower it back down. Repeat this exercise 10-15 times.
- **Cat-cow stretch:** This exercise helps to stretch the muscles in the back and neck. To do a cat-cow stretch, start on your hands and knees. Inhale, arching your back and lifting your head and tailbone. Exhale, rounding your back and tucking your chin to your chest. Repeat this exercise 10-15 times.
- **Bird dog:** This exercise helps to strengthen the muscles in the back, core, and hips. To do a bird dog, start on your hands and knees. Extend your right arm forward and your left leg back. Hold this position

for 10-15 seconds, then switch sides. Repeat this exercise 10-15 times on each side.

- **Superman:** This exercise helps to strengthen the muscles in the back and glutes. To do a superman, lie on your stomach with your arms and legs extended. Lift your arms and legs off the ground at the same time. Hold this position for 10-15 seconds, then lower back down. Repeat this exercise 10-15 times.
- **Bridge:** This exercise helps to strengthen the muscles in the back, glutes, and hamstrings. To do a bridge, lie on your back with your knees bent and your feet flat on the floor. Lift your hips up towards the ceiling, squeezing your glutes at the top. Hold this position for 10-15 seconds, then lower back down. Repeat this exercise 10-15 times.

These are just a few of the many different exercises that can help to prevent or relieve back pain. If you are experiencing back pain, it is important to talk to your doctor to rule out any underlying medical conditions.

Once you have ruled out any medical conditions, you can start to incorporate these exercises into your daily routine. It is important to start slowly and gradually increase the amount of time you spend on these exercises. You should also listen to your body and stop if you feel any pain.

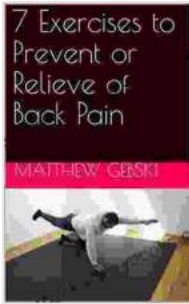
With regular exercise, you can help to prevent or relieve back pain and improve your overall health and well-being.

7 Exercises to Prevent or Relieve of Back Pain

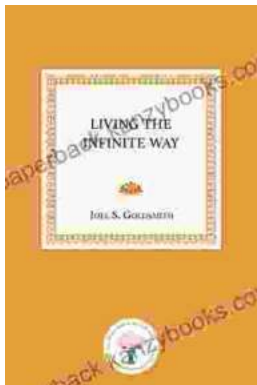
★★★★☆ 4.5 out of 5

Language : English

File size : 1797 KB



Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 11 pages
Lending : Enabled



Unlock the Secrets of Consciousness and Infinite Potential: A Journey through "Living the Infinite Way"

In the realm of spiritual exploration and personal growth, "Living the Infinite Way" by Joel Goldsmith stands as a beacon of wisdom and inspiration....



Unlock the Power of Nature: Discover the Transformative Benefits of Juicing with 'More Than 51 Juicing Recipes for Every Condition'!

Embrace a Healthier Tomorrow with Natural Food 82 Step into the vibrant realm of juicing and unleash a world of natural healing. Our groundbreaking book, 'More Than...