BEST EXERCISES AND STRETCHES FOR LOWER BACK PAIN

I'm sharing these to help YOU make some smart decisions about how you can get rid of your own pain.



I've researched, tested and compiled some of the most effective exercises, stretches, treatments and techniques for lower back pain.

While the last thing you might feel like doing when you have back pain is work out, the number one most prescribed (and most effective) lower back pain treatment is stretching and exercise.





Exercising helps to reduce weakness, get rid of stiffness, minimize how often back pain will recur and reduces the severity and duration of possible future episodes of back pain.

If you're hoping for miracle cures, I don't have any to share.

CONSISTENCY IS THE KEY

The key t orelief using any of these treatments is to stick with it over time. While some of these treatments do offer immediate help in alleviating pain, anyone who promises an instant cure is lying.

Don't mess with your lowee back. If you start feeling more pain

IF YOU FEEL PAIN, STOP IT

or you're simply unsure about one of these treatments, ask a pro.



the stuff that helps make lower back pain easier to manage – or gets rid of it entirely.

Got all that? Good! Let's hop into talking about



GREAT STRETCHES FOR LOWER BACK PAIN: 1. SPHINX (LUMBAR EXTENSION)



2. HAMSTRING FLOOR STRETCH



3. KNEE TO CHEST



You can use your hands to help pull the leg closer to your chest, if it's comfortable. You should feel this in your lower back and buttocks.



Lie on your back, with knees bend and your feet placed a hip distance apart.

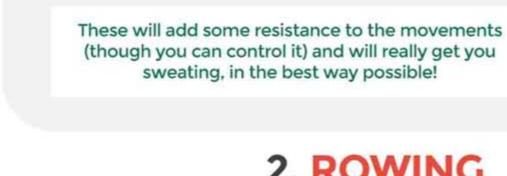


cushion under your head.



Easy on your back but great for every part of you, walking a few miles 2 - 3 times per week on a treadmill or outdoors is an easy way to stay active and help your lower back at the same time.

1. WALKING





B. Push through feet, extend

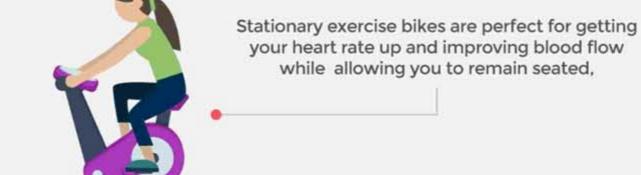
legs, and lean back slightly; keep shoulders relaxed.

A. Wrap fingers lightly around the handle and keep wrists

straight.

For an even better level of exercise (with even less impact), consider a stair machine or elliptical trainer.

3. EXERCISE BIKES



Water-based exercise is a fantastic option for those in so much pain that normal aerobic exercise is too painful, The buoyancy of being in the water minimizes the stress on your back, while still giving you the chance to get

in a great, back-strengthening workout.

