

What Are Different Strengthening Exercises For Lower Back Pain?

Lower back pain is a chronic condition that makes a person weak from the inside. If you are suffering from lower back pain and still are involved in daily physical activities, the condition can become worse. You can do some stretching exercises to slow down the pain. In addition, you should take a healthy diet when you have lower back pain to maintain a healthy weight. You should intake a high nutrient diet that promotes bone growth and makes them strong also.

[Pain management doctor](#) advises mandatory nutrients in daily diets when you have lower back pain must include:

Calcium:

Dairy products like yogurt, milk, cheese, frozen yogurt are high in calcium. If you don't like dairy products you can take other foods that are abundant in calcium like cereal, orange juice, oatmeal, etc. vegetables like collard greens, kale, bok choy, and broccoli also have calcium.



Phosphorus:

Phosphorus is found in cheese, milk, pudding, baked beans, kidney beans, oysters, sardines, and dark colas, etc.

Vitamin D:

You should include foods with high vitamin D like cod liver oil, swordfish, salmon, fortified milk, sardines, eggs, and fortified cereals, etc.

The following nutrients will help you in [low back pain treatment](#).

Other than that you should exercise regularly that will improve the joint movements, According to the **back specialist** some of them are discussed below:

1. Bridges

The gluteus maximus muscle is large and the strongest muscle in the human body. It is located in the buttocks that are responsible for movement at the hip, like squats. If the muscle gets weakened, it can cause back pain because they stabilize the hip joints and lower back during movements like walking.

Muscles exercise: gluteus maximus

Lay down on the ground with flat feet on the floor, hip-width apart.

Bring your hands by your sides, press your feet into the floor when lifting your buttocks slowly off the ground till your body is in one straight line. Maintain your shoulders on the floor. Continue for 10 to 15 seconds.

Lower down.

Copy 15 times.

Complete 3 sets. Pause for one minute between each set.



2. Drawing-in maneuver

The transverse abdominis is the muscle that is located around the front and side of the abdominal wall.

It's important for supporting the spinal joints and stopping injury during movement.

Muscles worked: transverse abdominis

Rest on the ground with your feet level on the ground, hip-width apart.

Rest your hands by your sides.

Take a deep breath. Breathe out and draw your belly button in near your spine, engaging your abdominal muscles without bending your hips.

pause for 5 seconds.

Do it 5 times.

3. Lying lateral leg raises

The hip abductors not only move the leg away from the body, but they also help rotate the leg at the hip joint. They are essential for maintaining stability when walking or standing on one leg.

When these muscles are not strong, it can affect body balance and mobility. It can also cause low back pain due to uncertainty in balance.

Muscles worked: gluteus medius

Lay down on one side, having your lower leg somewhat bent on the ground.

Reserve your core by pulling your belly button in near your spine.

Lift your top leg without disturbing the rest of your body.

pause for 2 seconds at the top. copy 10 times.

Repeat on different sides. Complete 3 sets on each side.



According to the **back doctor**, these exercises can help you in reducing the pain up to some extent. If you don't find it useful then you can consult your doctor for alternative **low back treatment**.