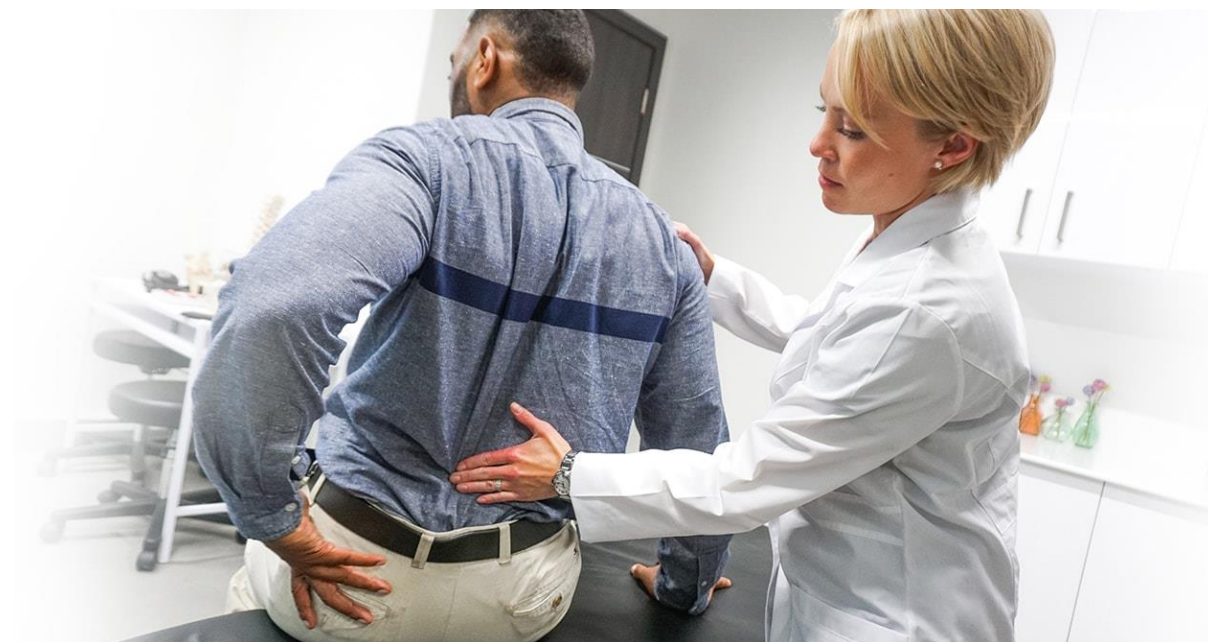


Learn Early Treatments for Lower Back Pain!

There are so many various purposes of pain in the lower back - hard to identify a specific treatment which would be effective. However, low back pain does have one thing in common; certain types of exercise can be helpful. How to cure low back pain depends on the cause of it and the [low back pain treatment](#) which you are opting for so let's explore that question and see which exercises might work for you.

The first thing to do, of course, is to see your **back pain doctor** who may refer you to a physiotherapist, who may prescribe exercises appropriate to your specific pain and its cause. When trying to establish how to cure low back pain, he or she may suggest a range of exercises which will be effective while others may cause more pain - in such cases, stop performing them instantly.



#1 Exercise - Pelvic Tilt

There is one exercise which has proved to be very effective in how to cure low back pain and it's called "the pelvic tilt." This is an excellent way to exercise, stretch and strengthen the muscles and ligaments of your back because it also increases the blood flow to the area. The pelvic tilt will also tone and stretch your abdominal muscles which, together with the muscles in your lower back carry the responsibility of supporting your entire frame. It will also improve your posture - and this in itself will help to alleviate pain and stress on the lumbar region.

Does your job require you to stay seated for extended periods? This can put stress on your lower back, especially if your chair is not of ergonomic design. Take a couple of minutes' break every hour or so and walk around your desk to loosen your back muscles. If you can do this, the question of how to cure low back pain may not even arise.



#2 Exercise - Standing Extensions

Here's another exercise suggested by the [pain specialist](#) - very effective for general lower back pain; it's called "standing extensions." This should be done every two or three hours, throughout the day to maintain flexibility and stretch those muscles; this is a first step in learning how to cure low back pain. Stand up with your feet apart, about the width of your shoulders, and pointing directly in front. Place your hands in the small of your back with your thumbs to the front. Take one deep breath and breathe it out slowly. At the same time, bend backward, using your hands to support your lower back as it arches. Repeat this exercise ten times - but remember, do it slowly and deliberately.

Hopefully! You got an answer to your question about how to cure back pain. Also by performing the exercise mentioned above and recommended by your **back specialists** it will bring relief to your back pain. Further, for any issues, you can visit the **pain treatment clinic**.