

# What Are The Exercises For Lower Back Pain?

To alleviate their lower back pain, Individuals who are inclined towards physiotherapy as a treatment method must practice these exercises to gain relief from their experienced trouble. For their back pain treatment, they must seek a trained physiotherapist at [Back Center NJ](#). These are some exercises mentioned below that you can do for your lower back pain:

## **1. Lower Tummy Strengthening-**

It is integral to strengthen the lower tummy muscles for lower back pain experienced individual. With the muscles of the lower back, these muscles work in cohesiveness. In these stomach muscles weakness leads to tightening up of lower back muscles and further leads to lower back pain.



To make your lower back muscles strong, in this exercise you have to lay down on your back with knees bent and feet flat on the floor. One must breathe in after maintaining the posture and as you breathe out bring one knee in towards your chest and as you breathe in return the foot to the floor. On each leg, repeat this exercise six to eight times. You don't experience pain in your back while doing this exercise make sure of this, otherwise, you have to refrain from practicing this exercise.

## **2. Bird Dog-**

It is significant to mobilize your lower back to aid its recovery. This exercise gets onto all fours, to practice, ensure your hands are aligned directly under your shoulders and knees aligned directly under your hips. This exercise will help to bring your spine to a neutral position. Your head is in line with your spine while forming this position, make sure of this. As you begin inhaling and exhaling, you have to extend one leg and the opposite arm in line with your spine.

If you are a practicing individual you need to keep the spine in a neutral position at all times for which one needs to ensure that all times their lower back does not sag down or you can

take help from a **Back Center**. You must lower both your leg and arm to the ground as you practice exhaling and you have to hold it for 5 seconds to 10 seconds. On each side alternatively, practice this exercise in the repetition for about eight to twelve times. You have to make sure that there is no pain and discomfort while doing this exercise. You will feel more pain in the neck the next day if you had done this incorrectly.



### **3. Deep Abdominal Strengthening-**

The transverse abdominis is an important muscle to strengthen in the human body. This muscle gives strength to the lower back. The main cause of lower back pain is the weak transverse abdominis which can be founded in many individuals. One must lie on their back with their knees bent and have placed a cushion under their head while doing this exercise. Your feet should be placed on the floor a hip-distance apart. With your chin tucked gently maintain a relaxed upper body posture. Focus on drawing your belly button in towards your spine while breathing out and you have to maintain this contraction for 5 seconds to 10 seconds.

Before adapting to an exercise routine as a precautionary measure consult a physiotherapist for back pain treatment at the [Back Center New Jersey](#).