

Top Exercises for Back Pain Relief

Now it's time to say goodbye to the back pain. Here are 5 exercises that can help you strengthen your lower back, walk the talk, and get things done without any interruptions.

If you have major back issues, this program would not be appropriate, and you should always talk with your **back specialist** before beginning any exercise regimen.

Exercise is the best [back pain treatment](#) to ease back pain and prevent further discomfort. The back and the muscles that support it can be strengthened and stretched with the following exercises.

How is this exercise better for your pain?

1. Abdominal Drawing-In Maneuver (ADIM)

This is a typical spine patient exercise from physiotherapy. It also helps strengthen your core and spine. Overall strengthening of the muscles in this area gives you a stronger lower back.

To perform this exercise, you need to lie down on your back with your knees bent and your feet flat on the floor. You need to pull your stomach in as much as you can without holding your breath. Keep breathing lightly, maintain that position for 2 seconds, and gradually increase it to 8 seconds. Repeat this exercise 30 times.



2. Cat Cow Pose

The cat-cow pose, also known as Marjasana, is a yoga pose that helps strengthen your lower back. The spine is the foundation of our body, and this pose helps bring flexibility to it.

To perform this pose, you need to stand on all fours. Gently pull your stomach in and lift your back up while looking down, and then arch your back down while looking up. Repeat this exercise continuously.

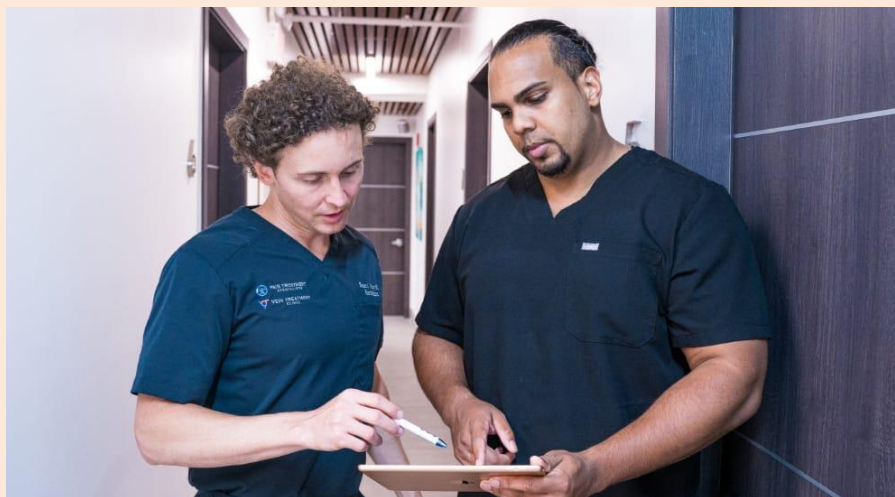
3. Stretch

Stretching your body strengthens your muscles and reduces stiffness, which is usually the cause of lower back pain. Stretching exercises like knee-to-chest stretches, pelvic tilts, spinal twists, etc. are good ways to strengthen your lower back.

4. Bridge

The lower back, hamstrings, and glute muscles are the main targets of the bridge exercise. This exercise can be a relief for people with lower back pain. It focuses on the lower back and strengthens the muscles present there.

For this exercise, you need to lie down on your back in such a way that your knees are bent and your feet are flat on the ground. Keep your arms beside your body and use them to lift your hips and back in the air. Stay in this position for at least 5 seconds and repeat.



5. Side Plank

Strengthening your core directly helps strengthen your back because the core is connected to the upper and lower back muscles. And what better way to strengthen the core than with a plank?

To do a side plank, lie on your side with your elbows resting on your sides. Make sure your elbows are at a 90-degree angle to your shoulders. Keep your knees bent on the floor and lift your hips into the air. You can also stretch your other arm up toward the ceiling. After ten seconds, hold this posture and repeat on the opposite side.

Visit a back pain specialist today and learn about the Relievent Intercept procedure from the **back pain relief center**.

Conclusion

It's important, of course, to listen to your body and tread lightly so as not to injure yourself. That's why it's important to talk with [back pain specialists Woodland Park](#) to discover back stretches you can do safely at home to get back on your feet.

Always contact your **back pain doctor** if you have any new pain, especially if the pain is sharp, stabbing, or reduces your ability to take deep breaths. Most back pain is caused by overuse, poor posture, and excess weight lifting.