



Back PAIN EXERCISES

...The Fast And Easy Back
Exercises Tips And Lower Back
Stretches That Guarantees
Back Pain Relief And Get Rid
Of It Forever!

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**BACK PAIN EXERCISES: THE FAST AND EASY BACK EXERCISES TIPS AND LOWER BACK STRETCHES THAT
GUARANTEES BACK PAIN RELIEF AND GET RID OF IT FOREVER!**

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Overview: Back Pain and Exercising

Let's face it, back pain like every other pain can be extremely excruciating depending on the degree of the severity of such pains.

Yes, while exercising can be of huge advantage to persons suffering from back pain and those seeking to forestall this condition in the nearest future, it must, however, be pointed out that exercising can actually portend great danger for persons with acute back pain.

As a matter of fact, exercising might not really be possible for such persons, therefore; it is not a good idea to recommend exercising to people with acute back pain!

On the other hand, if what you have is chronic back pain, then a systematic or regular exercise regimen can typically be endorsed by your physician.

Now, you might want to know the difference between acute back pain and chronic back pain.

The major difference is that acute back pain is usually a sudden onset of sharp back pain, which can typically continue over a short period of time, while chronic back pain is a condition that continues over an extended period of time. Thus, it is prolonged to heal.

This is why persons suffering from chronic back pain are advised to visit their doctors or physiotherapists who will usually come up with an exercise regimen that will suit their needs.

The following exercises are useful for chronic back pain sufferers:

- *Aerobic exercises*
- Stretching exercises and
- *Extension exercises*

Aerobic exercises are the kind of exercises that makes your heart rate to be raised for a certain period of time. Yes, it is typically referred to as cardio or

cardiovascular exercises and it is recommended that you do thirty minutes of aerobic exercises at least three times per week.

However, you might want to know the relevance of this type of exercise to a person with chronic back pain; well, it has been proven that aerobic exercises are excellent for working out the muscles especially, the large muscles of the back.

Furthermore, jogging, walking, and swimming are suitable aerobic exercises for persons with chronic back pain.

Nevertheless, exercises that involve vigorous bending, twisting like rolling, and contact sports like hockey, basketball or football should be avoided as these might cause further damage to the back.

And for the sake of the emphasis, you need to avoid high-impact exercises or activities especially, if you are suffering from any form of disc condition.

Also, if you notice that you cannot cope with thirty minutes stretch of exercising, then you can do three sessions of ten minutes each and gradually meet your target of 30 minutes a day exercise session.

The truth is that stretching exercises are aimed at improving the extension of the soft tissues and muscles! Therefore, these exercises can actually lessen or ease stiffness while increasing motion range.

Anyway, distinctive *stretching exercises* for the back comprise lying on your back as well as raising each leg to your chest level, and also doing hamstring and bridge stretches.

Other stretching exercises include flexion exercises, which are forward bending aimed at widening the openings in between the vertebrae.

The result is that pressure on the nerves will be reduced if not eliminated, it also causes the hips and back muscles to be stretched as well.

Now, besides all the import of these exercises, these exercises will naturally strengthen the spine muscles, back muscles, legs muscles, and abdominal muscles.

Extension exercises involve bending backward to open up the spinal cord and improve the support muscles of the spine.