Relief for Back Pain

Table Of Contents

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Back pain affects millions of people. Sometimes this is due to injury, but it can also be because of lifestyle issues that lead to tight muscles and strained joints. But there are several things you can do to offer relief for your back pain.

Strengthen Your Core

Unlike other parts of your body, your back relies on the muscles on both sides for every movement. That means the muscle strength you have in your abdomen is just as important as the muscles on your backside.

By strengthening your core muscles – which are often very weak – you can take a lot of the pressure off of your back and relieve pain and tension. Strengthening your core means strengthening the muscles of the belly.

There are many exercises that can help you to gain core strength. One of the most effective types of exercise is Pilates. Pilates can be done on the floor or on machines. In fact, there is even a type of Pilates, called Polestar Pilates, especially made for people recovering from back injuries or surgery.

You may have heard of CrossFit training in recent news. This is a new trend in exercise that helps you to develop overall fitness in many different areas. But one of its key concepts is building core strength.

You may be afraid that CrossFit is too intense if you have back problems, but you can modify the program by using lower weights as you build strength. As long as your doctor approves the program, you're good to go.

There are also traditional exercises such as sit ups and crunches that build core strength. A full sit up isn't recommended if you have a bad back, but crunches can be very good.

Just make sure that you're performing exercises properly. You can often get good instruction from exercise videos and you might also consider joining a class to help you learn proper technique.