

# 5 Simple Exercises for Lower Back Pain

Take care of your lower back with these low-impact rehabilitation movements

1

## Plank

Get in a push up position, with your forearms on the ground, shoulder-width apart. Keep your back straight and core tight.



2

## Back Arch

Lay on your back, lift your hips, keep your back straight. Hold for 5 seconds, then repeat.



3

## Swimming

This aerobic exercise is low-impact and gets blood flowing to your lower back muscles. Losing weight can also help reduce back pain.



4

## Bird Dog

Start on your hands and knees. Extend one leg; hold for 5 seconds. For a more advanced option, extend your opposite arm.



5

## Table and Child's Poses

Start on your hands and knees in the table pose with a straight back. Then, bend your knees and hips so your glutes are on your heels and your hands are extended forward.



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# Backache What Exercises Work

**Glenn S. Rothfeld, Suzanne LeVert**



## **Backache What Exercises Work:**

**Backache** Dava Sobel, Arthur C. Klein, 1996-06-15 An introduction to helpful exercises to perform to help find relief from backache  
*Backache* Dava Sobel, 2000 [Backache: What Exercises Work](#) Dava Sobel, Arthur C. Klein, 2015-06-16 What is the most powerful backache treatment ever developed to help prevent recurring back pain and restore you to a healthy pain free life The answer is exercise Exercise has Helped more backache sufferers than drugs surgery or any other treatment without dangerous side effects Been widely prescribed by medical doctors and other health practitioners Been rated the best source of relief by backache sufferers themselves Been uniformly supported by current medical research Each exercise is explained in words and diagrams so that even a beginner can put together an individualized exercise program that works Included are Exercises to relieve acute and chronic plain plus preventative measures Self evaluation checklists Instructions for increasing activity levels Tips on performing everyday activities without pain Let Dava Sobel and Arthur C Klein s  
**Backache What Exercises Work** work wonders in ending your back pain Only this book has the techniques you need

**Backache Relief** Arthur C. Klein, Dava Sobel, 1985 *Orthopaedics for the Physical Therapist Assistant* Mark Dutton, 2011-04-15 Broad overview of orthopaedics for the physical therapist consisting of a comprehensive description of the anatomy and biomechanics of each area of the spine pelvis and TMJ followed by detailed explanations on the re evaluation and treatment of each of the various areas are given with an emphasis on techniques that are evidence based

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*Backache Survival* Robert S. Ivker, 2003 The wait is over for the millions of sufferers of chronic back pain Dr Ivker and Dr Nelson have compiled the first comprehensive guide to the variety of backache treatments available today that can be tailored to the individual s specific ailment A must for anyone who suffers from chronic low back pain *Backache Survival* features The backache Quick Fix section This fast start program allows the reader to begin the most important aspects of the program without having to read the whole book A comprehensive look at the variables and causes of chronic back pain A Wellness Assessment Questionnaire that helps individuals to determine the nature of their disability An extensive list of resources for sufferers of back pain Specific integrated instructions for a dietary supplement plan  
**Exercise for Prevention and Treatment of Illness** Linn Goldberg, Diane L. Elliot, 1994 Experts on a

wide range of medical conditions explain how exercise influences the course of illness and how illness affects the performance of the exercising patient Among the conditions covered hypertension and antihypertensive drugs myocardial infarction cardiac transplantation cancer and side effects of therapy anxiety depression and type A behavior rheumatoid arthritis neuromuscular diseases orthopedic injuries diabetes dyslipidemias and obesity osteoporosis pregnancy pulmonary disease end stage renal disease and renal transplantation An important and useful reference Annotation copyright by Book News Inc Portland OR **The World Book Health and Medical Annual-2000** World Book, Inc. Staff,World Book Encyclopedia,1999-09 *Natural Medicine for Back Pain* Glenn S. Rothfeld,Suzanne LeVert,1996 Chronic back pain resists treatment The pain goes on and on and all too often doctors have no answers But that doesn't mean there aren't any Natural medicine abounds with safe gentle alternatives that can get the job done The keys are in this book Journal of the American Medical Association ,1914 Research on Work-related Low Back Disorders Rik Op De Beeck,Veerle Hermans,2000 Recog 1 Introduction 2 The nature of work related low back disorders 3 Risk factors 4 Strategies and effectiveness of prevention 5 Risk assessment methods 6 Future research topics 7 Conclusions 8 References 9 Appendices **Journal** ,1916 **How's Your Health?** Louise L. McIntyre,1908 **JAMA** ,1914 **The Publishers Weekly** ,1994

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