



By Robin Weiss Director of Fitness

Do You Suffer From Lower Back Pain?

TIP: Exercise to Stay Active and Relieve Pain

Lower back pain is a common problem. Many of us have lower backs that hurt while exercising, hurt during everyday activities, and scare us away from physical activities. For those of us who suffer from lower back pain, here are some tips on how to stay active and help relieve the pain.

Recent studies have shown that most people with lower back pain need to improve their lower back strength with a good lower back muscle workout. Working out might cause a little more pain in the beginning. But, in the long run, the gain in muscle strength will help reduce our current pain. Basically, the long-term solution for back pain is exercise.

Some pain or achiness felt in our lower back might be the result of weak muscles throughout our torso or core. When we have a weak core, we are more likely to have poor posture, which causes our muscles to be strained in a way that is uncomfortable or causes pain. We can minimize back pain by doing exercises that make the muscles of our core (back, abdominals, hips, and thighs) strong and flexible. Even if we are currently participating in cardiovascular exercises like running or cycling, we should still add exercises specifically designed to strengthen our core. Pilates classes are a great place to start!

Reference: Sparkpeople.com 2008