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GOOD AND BAD EXERCISES FOR LOW BACK PAIN



Try: Partial Crunches 3 / 16

Some exercises can aggravate back pain and should be avoided when you have acute low back pain. Partial crunches can help strengthen your back and stomach muscles. Lie with knees bent and feet flat on the floor. Cross arms over your chest or put hands behind your neck. Tighten stomach muscles and raise your shoulders off the floor. Breathe out as you raise your shoulders. Don't lead with your elbows or use arms to pull your neck off the floor. Hold for a second, then slowly lower back down. Repeat 8 to 12 times. Proper form prevents excessive stress on your low back. Your feet, tailbone, and lower back should remain in contact with the mat at all times.

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Which treat lower back

- Heat or co
- Medicatio
- Exercises
- Massage


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- Heat or cold
- Medication
- Exercises
- Massage

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Perca 7 kg de peso em 10 dias. ISTO. Os médicos dizem que a perda de peso

Try: **Wall Sits** 7 / 16

Stand 10 to 12 inches from the wall, then lean back until your back is flat against the wall. Slowly slide down until your knees are slightly bent, pressing your lower back into the wall. Hold for a count of 10, then carefully slide back up the wall. Repeat 8 to 12 times.


Reviewed by [Ross Brakelvie, DPT](#) on October 03, 2014

Sources: 

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Try: **Press-up Back Extensions** 8 / 16

Lie on your stomach with your hands under your shoulders. Push with your hands so your shoulders begin to lift off the floor. If it's comfortable for you, put your elbows on the floor directly under your shoulders and hold this position for several seconds.

Reviewed by [Ross Brakovick, DPT](#) on October 03, 2014

Sources: 

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