

[IMAGE]

Alternatives For Lower Back Pain

We all know when it comes to lower back pain the first person you call is your chiropractor. Chiropractors can help you find relief and can also recommend a number of ways you can extend that relief well past the chiropractic session.

Many chiropractors recommend their patients adopt healthy habits such as walking, yoga and certain exercises such as pilates and stretching. All of this advice has some strong backing.

In a recent study by the Department of Physiotherapy, Maccabi Healthcare Services in Lod at Tel-Aviv University in Tel-Aviv, Israel walking was found to help significantly with adults who were looking to strengthen their backs, this worked in comparison to doing a complicated series of back exercises. A comprehensive review published in May in the *Clinical Journal of Pain* also found that there was "strong evidence for short-term effectiveness" of yoga against back pain, although whether the benefits last beyond a year is less certain.

yoga - Copyright â Stock Photo / Register Mark Other experiments noted by *The New York Times* have found that Pilates, stretching classes, acupuncture and stationary bicycling each provide some people with some pain relief, although in head-to-head studies, no one of those options is superior to the others.

Talk to your chiropractor about complementary ways you can find relief for your back pain in addition to chiropractic adjustments.

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