

[IMAGE]

Exercise for Back Pain: Just Do It

A variety of exercise guidelines are recommended for managing back pain. Exercise has long been regarded as an effective mechanism by which to cope with pain, mentally and physically.

It is generally agreed that the sooner you become active, the sooner your condition will improve. However,



which specific exercises you perform may not be as important as the fact that you do exercise, according to a recent study in the *Journal of the Neuromusculoskeletal System*. The study noted that, although many specific forms of exercise have been suggested for dealing with lower back pain (especially in recent years, with the increasing popularity of cure-all exercise devices and regimens), the more pressing concern may be to focus on certain general objectives during your workout, such as:

- decreasing pain;
- strengthening muscles;
- decreasing structural stress;
- increasing fitness levels;
- stabilizing moveable segments;
- improving posture; and
- improving mobility.

If you're suffering from back pain, schedule an appointment today with your doctor. For more information on back pain, go to <http://www.chiroweb.com/tyh/backpain.html>.

Reference:

Hooper PD. Does it matter what exercises patients do for back pain? *Journal of the Neuromusculoskeletal System* 2000: Vol. 8, No. 2, pp49-52.

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http://www.toyourhealth.com/mpacms/tyh/article.php?id=673&no_paginate=true&no_b=true