

[IMAGE]

Exercise Helps Prevent Low Back Pain

By Editorial Staff

If your chiropractor recommends exercise along with spinal adjusting to help prevent back pain, they're on to something: Research continues to assert the benefits of exercise for preventing low back pain. The most recent evidence: a study published in the *Journal of the American Medical Association (JAMA) Internal Medicine*, which reviewed a large body of eligible research (23 studies representing more than 30,000 participants) and determined exercise alone or combined with education reduced the risk of suffering an episode of LBP.

low back pain - Copyright â Stock Photo / Register Mark Too many people turn to the medicine cabinet, their local pharmacy or even worse (because of the potential side effects / complications) their medical doctor for a prescription-strength medication or surgical consult when back pain flares up. As this review study suggests, there's no need to take such drastic steps, at least until conservative measures have been exhausted. Talk to your chiropractor about natural ways to prevent low back pain. You'll be glad you did.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=2227&no_paginate=true&no_b=true