

Try **Physical Therapy FIRST**

by Phullis Quinn, P.T.



Exercise for Back Pain

An exercise program for low back pain should include stretching and strengthening and low impact aerobic exercise. Exercise should not cause pain. No pain, no gain does not hold true here for injured backs. Exercises should address muscles in the front of the body as well as those in back.

Tight muscles in the legs such as the hamstrings and quadriceps have a huge bearing on back function because they attach onto the pelvis. The position of the pelvis, if too far forward or too far backward, can cause stress across the low back area. Walking is a healthy form of exercise for anyone. The reciprocal motion that occurs in the trunk and arms helps to mobilize the spine. However, if the back pain is too severe to exercise on land, exercising in the water is another option.

P.S. A hamstring or quadriceps stretching routine should include the application of pressure to lengthen the muscles, holding it without bouncing 30-45 seconds once to twice a day.

Call 203-315-7727 if you would like to learn more or set up a free evaluation with one of our therapists.

To learn more, call Physical
Therapy Services of Guilford,
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