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Beneficial exercises for low back pain remedies

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Abstract

Back pain at some point in their lives. Reasons and causes may vary. For some it is because of poor lifestyle habits and for some it is the age factor that leads to chronic and for some it is the age factor leads to chronic back pain. Whatever the reason may be chronic pain often affects your ability to live an active and healthy lifestyle whether the pain should be treated with or without medications totally depends on the type of pain. Although. There are methods that provide a significant amount of relief without the use of drugs.

Keywords: Pain remedies, Reasons and causes may vary, poor lifestyle habits

Introduction

Acute back pain is the most common presentation and is usually self-limiting, lasting less than three months regardless of treatment. Low back pain is a more difficult problem, which often has strong psychological overlay: work dissatisfaction, boredom, and a generous compensation system contribute to it.

Low back pain is neither a disease nor a diagnostic entity of any sort. The term refers to pain of variable duration in an area of the anatomy afflicted so often that it has become a paradigm of responses to external and internal stimuli for example, "Oh, my aching back" is an expression used to mean that a person is troubled. The incidence and prevalence of low back pain are roughly the same the world over wherever epidemiological data have been gathered or estimates made but such pain ranks high (often first) as a cause of disability and inability to work, as an interference with the quality of life, and as a reason for medical consultation. In many instances, however, the cause is obscure, and only in a minority of cases does a direct link to some defined organic disease exist.

Beneficial exercise for low back pain

Partial Crunches

One of the classic core strengthening workouts is the partial stomach crunch. Partial crunches build strength in both your lower back and related stomach muscles, making this an ideal exercise for people with spondylosis.



Fig 1: Partial Crunches

- Lie back, and keep feet flat on the floor with your knees bent.
- With your hands behind your head or with arms crossed around your chest, raise your shoulders from the floor. Make sure to keep your stomach muscles tight.

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- Breathe out while raising your shoulders. Avoid leading with your elbows for yanking your neck off the floor with your arms.
- Hold for one second. Next, lower yourself back down to the floor in a controlled manner.
- Repeat with between eight and 12 repetitions. Remember to follow proper form which prevents excessive spine stress. Keep your feet flat and lower back against the floor throughout the exercise.

Hamstring Stretches

Hamstring stretches relieve the back of the leg, where some of the muscles that support the work of the lower spine are found. As shown in the figure, this is a stretch that benefits from the use of towel or fitness band.



Fig 2: Hamstring Stretches

- First, lie on your back with one knee bent.
- Next, thread a towel beneath the ball of the foot on the unbent leg.
- Pull back on the towel slowly straightening your knees. You ought to feel a gentle stretch along the back of your leg.
- Hold the stretch for at least 15-30 seconds.
- For each leg, repeat 5 times.

Wall sits

When it comes to low back pain, try some wall sits as a break from sitting on the couch. To do these wall sits properly and without injury.



Fig 3: Wall sits

- Stand with your back facing the wall at a distance of about 10 to 12 inches.
- Carefully lean into the wall until your spine is flat against it.
- Slide down the wall slowly until your knees are bent slightly. Continue to press your low back into the wall.
- Hold this position for a count of 10, then carefully slide back up the wall. Repeat 8 to 12 times.

Press-up back extensions

Another treatment for back pain symptoms is the press-up back extension.



Fig 4: Press-up back extensions

- Lie on your stomach. Position your hands directly underneath your shoulder.
- Push down on your hands. You should feel your shoulders begin to lift away from the floor.
- If you can do so comfortably, set your elbows on the floor directly beneath your shoulders. Then spend several seconds holding this position.

Knee to chest

Here's another way to get your legs pumping as a treatment for low back pain symptoms. Follow these directions to perform a safe knee to chest workout.



Fig 5: Knee to chest

- Lie on your back. Put your feet flat on the floor and bend your knees.
- Draw your right knee up to your chest. Keep the left foot flat against the floor.
- Hold for 15-30 seconds. Meanwhile be sure to keep your lower back flat on the floor.
- Next, lower your right knee. Repeat the routine with the left leg.
- For each leg perform knee to chest two to four times.

Conclusions

Back pain is not a disease but a constellation of symptoms that usually is acute and self-limited. Coping with back pain is

the biggest obstacle to improvement, and heroic treatments that ultimately fail to help and may even be harmful should be avoided. Back pain is both a major cause of temporary disability and a challenge to medical and surgical treatment decisions. It strains compensation systems and is frequently misinterpreted, especially in the industrial context.

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