

How do I relieve low back pain?

When experiencing an episode of back pain, we commonly feel tense and fear movement. It's important to remember that gentle movement along with relaxation techniques and breathing control can help ease low back pain.

Relaxation techniques



Focus on releasing tension within your body while in a position of comfort. This will increase your body awareness and can have an immediate effect in reducing pain.

Breathing control



Take slow and deep breaths to help relax your body. Focus on your breathing to help calm your nervous system and reduce pain.

Gentle movements

Movement is often successful in easing pain and promoting recovery. It is key to remain within a comfortable range of motion while controlling your breathing and relaxing your body, even though mild pain increases may occur when you first begin to move.

Try these gentle movement strategies to find what works best for you.



Change positions often

Your best posture is your next posture. Staying in one position for too long can aggravate your symptoms and cause you to tense further. It is important to change position often to prevent painful body tension and stiffness.



Cat-camel

Start in a 4-point position with your back arched and your head looking straight ahead. Lift your back up to the sky and look down to the ground with your head. Alternate between these two positions to introduce movement to your lower and mid back. Gently move in and out of each position.



Wringing

Start lying on your back with your knees bent and together. Slowly bring both knees (together) to one side of your body. Alternate between bringing your legs to either side slowly moving through each position. Keep your knees together and perform this movement in a slow and controlled fashion.

Note: The information listed is intended as a general guideline. If you have concerns related to your own injury or condition and continue to experience discomfort, please speak to your healthcare professional.