World PT Day 2024

EXERCISE AND LOW BACK PAIN



Exercise has been shown to be the most helpful treatment for low back pain. One type of exercise doesn't appear to be better than any other – remaining active and doing it regularly is the most important. Your physiotherapist will help you find an exercise that's right for you.



Exercise is helpful for low back pain.

Staying as active as possible and returning to all usual activities gradually is very important in your recovery. Start slowly and increase your activity as your confidence grows.



Rest is not helpful but getting back to movement and usual activities is.

Prolonged rest and avoiding activity can lead to an increase in your low back pain, greater disability, a slower recovery, and being away from work for longer.



Exercise can prevent low back pain returning.

Exercise can significantly prevent the likelihood of your low back pain returning.



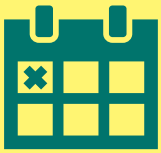
Moving with confidence and without fear is important for low back pain.

Many people start moving slowly and very carefully. This makes you tense and puts more strain on your muscles. Exercising and moving in a relaxed manner is much better for your body.



Feeling sore after exercise does not always mean damage to your body.

Muscles that haven't been used a lot get sore more quickly. Feeling stiff and sore after exercise usually means your body is not yet used to the activity, but is adapting to it.



Exercising regularly is essential.

The amount of exercise you do is probably more important than the type of exercise. The greatest benefits are when an inactive person starts doing any exercise. Getting at least 30 minutes per day is ideal.



Exercise has many other health benefits.

Exercise is very important in the prevention and management of heart disease and stroke, certain types of cancer, anxiety and depression.



Exercises for core stability are not better than other forms of exercise.

Core exercises don't offer any particular advantage to other types of active exercise (eg walking) for low back pain.



The best type of exercise is one you enjoy.

Everyone is different - find an exercise that you like and is easy to fit into your lifestyle. Walking, running, cycling, swimming, strength, and aerobic exercise can all help your low back pain.

World Physiotherapy

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