

Physical Therapy For Treating Back Pain

Most doctors who work with patients in treating back pain also actively work with physical therapists. Physical therapists are skilled in helping patients recover from back pain and get back to performing everyday physical activities. Physical therapists often spend time teaching their patients exercises which help them improve and maintain the health of their spines. There are a variety of popular exercise programs which have been designed to reduce the amount of back pain patients experience. By using physical therapy, you will learn postures and positions which will help lessen the amount of pain you feel in your back. There is no one approach that will work for everyone. Your physical therapist will design an exercise program which is tailored to your individual needs. There are many different types of exercises available, and you will want to use the exercises which are the most comfortable to you. Some exercises focus on adding strength to the muscles which assist in arching the spine and back. Patients who have back pain which is a result of ligament tears or other problems with their discs can have the pressure reduced by arching their backs. Patients may perform other techniques such as lying prone, in which they lay on their stomachs with their arms to their sides for about ten to fifteen minutes. A variation of this technique may be lying prone on pillows in order to support your back. Your physical therapist may also want you to perform press ups, standing extensions, or other techniques. To perform a standing extension, place your hands on the smaller part of your back while standing. Lean backward and hold this position for twenty seconds before repeating the exercise. To perform a prone press up, you want to lay down on your stomach and place the palms of your hands near your shoulders. Now slowly push your shoulders up, keeping your hips down. Lower yourself down slowly, and repeat. While physical therapists can teach you a variety of methods to reduce your back pain, it is up to you to apply them. The most important factor in using a physical therapist is making sure you do the exercises they teach you. Consistently sticking to an exercise program in order to improve the health of the spine and back is difficult for many people, but the rewards are worth it. Taking the advice of your physical therapist is critical in you reducing your back pain.

About the Author

Assisting with program development, research, and to promote the professional use of horticulture.

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