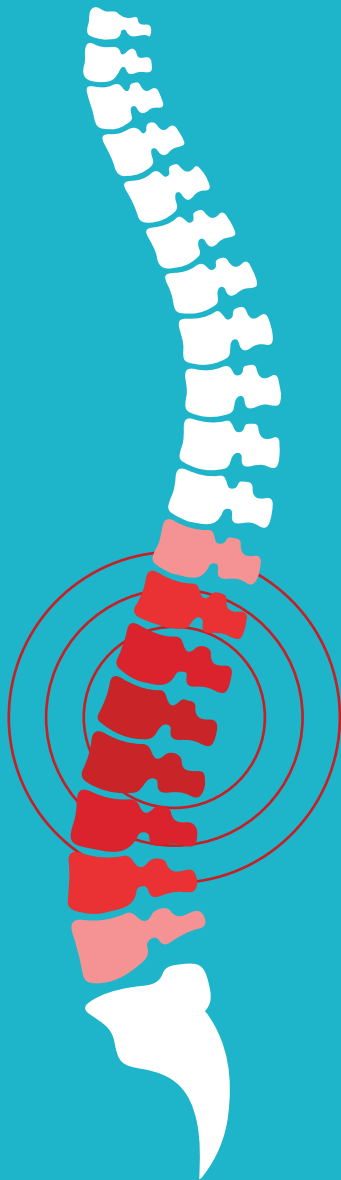


EASTNOLE

HOW TO REDUCE LOWER BACK PAIN



Major Concerns Related to Lower Back Pain Cases



Is your lower back hurting? Do you feel uncomfortable sitting up straight for long hours? Do you face a problem sleeping on your back? Do not ignore the signs. A constant stiffness in the spine and achy lower back are signs of back pain.

Pain in the lower back can occur due to a wide array of reasons. Some of the common causes include vertebral fractures, spondylolisthesis, scoliosis, disc tear, spinal stenosis, or other conditions like pregnancy. The spinal cord becomes susceptible to pain if the core muscles are weak or when there is an injury during childbirth. The increasing amount of time we spend sitting down in our daily lives is also a huge contributing factor.

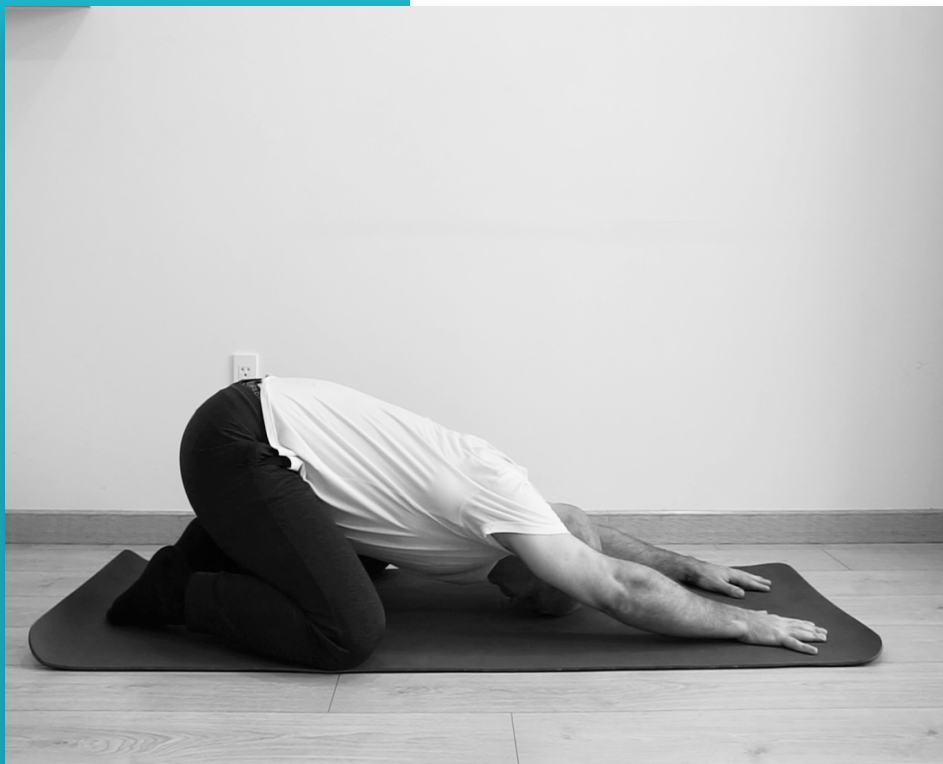
A mix and match of cardio and core-strengthening exercises can help to reduce the symptoms of lower back pain. Building core strength helps with muscular control to avoid muscle strains.

The key to reducing lower back pain is a regular workout based on your capabilities. Exercising consistently and working on your core is important to avoid back pain in the future.

Let us quickly glance through some of the best exercises that have proven results to reduce the effects and prevent the chances of lower back pain.

Top 10 Exercises to Reduce Lower Back Pain

1. Child's Pose



A common yoga practice that allows you to gently stretch the lower back muscles. These muscles are usually contracted from spending large periods of time sat down.

How to:

- Bend into a tabletop position with hands stretched under the shoulders and knees under the hips.
- Extend the arms and place the palm flat on the floor.
- Sit on the hips slowly bending back on the heels.
- Drop the head and chest downward.
- Place a pillow under the below if you want to reduce the stretch.
- Hold the child's pose for 20 to 30 seconds.
- Increase the time regularly.

2. Knees to Chest



This is a core-strengthening exercise that helps to stretch your lower back. It can help considerably to relieve you from pain and tension. I like to do this whilst I am in bed either first thing in the

morning or just before going to sleep.



How to:

- Lie down on the floor on your back.
- Bend the knees to keep both feet flat on the floor.
- Use your hands to pull 1 knee towards your chest.
- Hold the knee in that position for 20 seconds to keep the abdominal region tight.
- Release and return to the original position.
- Repeat with the opposite leg.
- Practice the exercise for with both legs.

3. Supine Figure Four



This has recently become my go to exercise when my back is feeling tight or sore. It is a yoga pose that helps to open the hips wider and to massage the lower back. The supine figure four pose stretches the piriformis and the outer glutes to loosen the lower back and relieve you from tension. It is an easier more accessible version of the deep hip flexor stretch, pigeon pose.

How to:

- Lie down on your back with bent knees to plant the feet on the floor.
- Lift one leg up, flex the same foot and cross with the same ankle over the alternate thigh.
- Release after 10 to 15 breaths and switch to the other leg.
- Increase the intensity with regular practice and longer breath counts.

4. Supine Twist



This is one of my favorites to do first thing in the morning and is a classic closing yoga pose. The supine twist is a very helpful exercise to stretch and loosen the glutes and the lower back. You can experience lower back pain when the glutes tighten.

How to:

- Lie down on the back and bend the knees to keep the feet flat on the floor.
- Extend the arms out and away from the body in a "T" shape.
- Keep the shoulders on the ground and roll one knee to the right, aiming to get your knees to touch the floor and look to the left.
- Hold the position for 20 to 30 seconds.
- Return to the original position and repeat with the other side.
- Keep a pillow under the knees if the stretch gets too intense.

5. Cat/Cow



The cat pose helps to strengthen and lengthen the back muscles that help to release tension. It is a dynamic two-directional exercise for the lower back muscles.



How to:

- Get down on the floor in a tabletop position on your hands and knees.
- Maintain hip-width between the knees and keep the hands directly under the shoulders.
- Keep the spine parallel to the ground position
- Inhale and curve your lower back, lifting your chin up and allowing your belly to sink towards the mat.
- Hold the position for 5 seconds.
- Exhale let your chin come towards your chest and pull the belly button upward towards the spine to arch the back.
- Hold the position for 5 seconds.
- Return to your original position and relax.
- Repeat the exercise 3–5 times twice regularly.

6. Planks

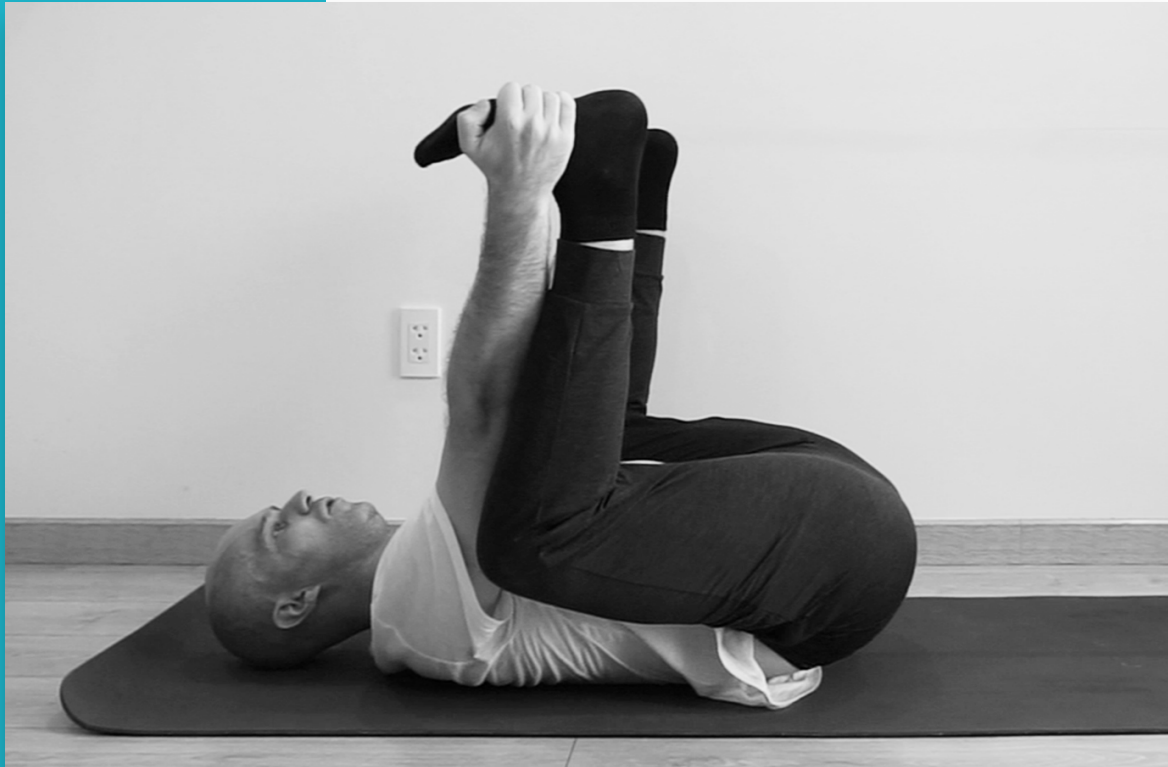


There are many variations of the plank. However, the forearm plank is an excellent exercise to activate your core. It helps to strengthen the muscles in the lower back region and take out the pressure from your back.

How to:

- Bend down on the floor on your arms and toes in a push-up position.
- Keep the forearms directly on the practice mat, under the shoulders.
- Try to keep the hands parallel to each other to maintain shoulder ease.
- Put pressure on the floor with your heels to engage the core muscles.
- Hold the position for 30 seconds.
- Release the pressure and return to the original position.
- Repeat and keep increasing the time.
- Practice the exercise 2–3 times regularly.

7. Happy Baby Pose

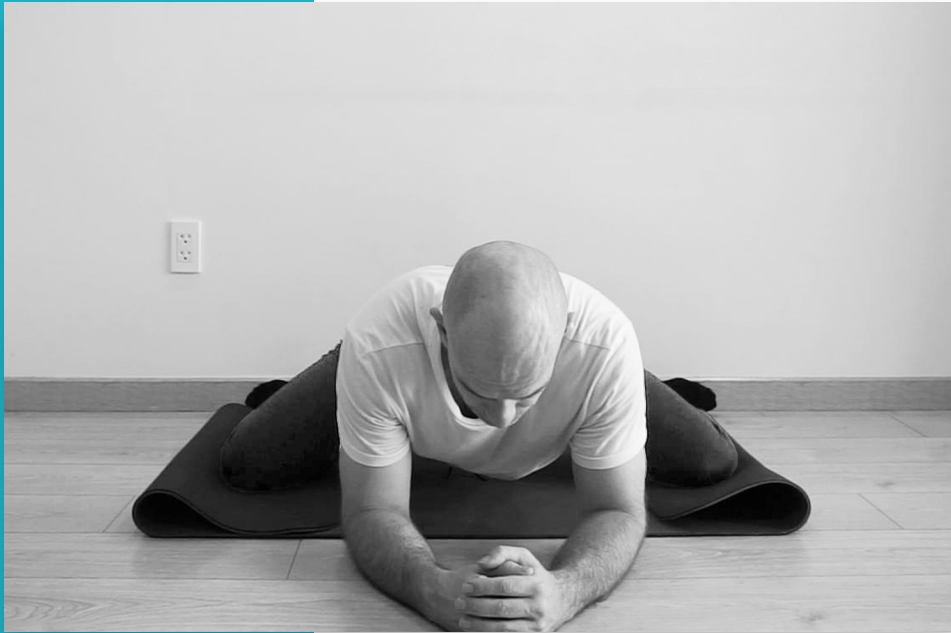


The happy baby pose is a restorative exercise. The pose mimics an infant when they feel happy. It is a great practice for relaxation that allows the hips to widen and reduce low back pain. The happy baby posture also loosens and relaxes the muscles around the shoulders and neck.

How to:

- Lie down on your back in a supine position.
- Bend the knees upward and position the heels towards the ceiling.
- Hold your feet with both hands and keep them parallel to the knees upward toward the ceiling.
- Massage or flex the heels with the hand while in this position.
- You can also rock side-to-side for the effects of a massage.

8. Frog Pose



The frog pose is an ideal yoga posture that is highly beneficial for people who have to be seated for long periods. The exercise is targeted to strengthen your hips, groin

muscles, inner thighs, and core. The frog pose is an intermediate yoga practice that helps to improve your posture and strength. This helps to reduce lower back pain considerably. Note: This can be quite a painful stretch to start with so take it slow.

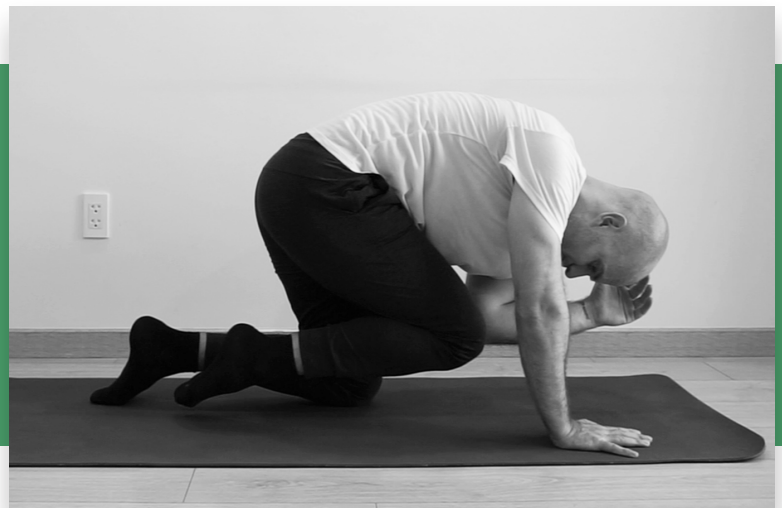
How to:

- Bend down in a tabletop position on your hands and knees.
- Keep the hands under the shoulders and knees below the hips.
- Hold the position for 3 to 5 seconds.
- Inhale deeply and move both the knees sideways.
- Stop and exhale.
- Move the feet out towards the side and flex the ankles.
- Lower the forearms slowly and keep the palms flat on the floor.
- Hold the position for 5 to 10 breaths.
- Slide the knees closer together towards you to release the frog pose.
- Practice 1–2 times regularly.

9. Bird-Dog Stretch



Bird-Dog is a core-building exercise that stretches the lower back muscles to relieve your pain and stress. It helps to improve your stability, posture, and strengthen the hips, core, and back muscles considerably.



How to:

- Start in a tabletop position on all four limbs.
- Place the hands under the shoulders and maintain hip-width between the knees.
- Engage the abdominal muscles to keep a neutral spine.
- Align your shoulder blades together.
- Keep the hips and shoulders parallel to the floor and raise the right arm and left leg.
- Then gently bend your knee and elbow, curve your spine and try to touch your right elbow to your left knee.
- Return to the original position and relax.
- Try with the other arm and the other leg.
- This will complete 1 round.
- Practice 2 to 3 sets regularly.

10. Supermans



Back extensors play a crucial role in helping you maintain a good posture. Extensor muscles are present on either side of the spine. Weak back extensors

can reduce pelvic and spinal support significantly. The Superman exercise is highly beneficial in such conditions. This exercise targets your glutes, lower back muscles, abs, and hamstrings

How to:

- Lie on the floor in a facedown position and extend the arms in front of you and stretch the legs straight.
- Raise the hands and feet to create a gap of 6 inches between the limbs and the floor.
- Pull the belly button upward to engage the core muscles.
- Maintain a head straight position and look at the floor to reduce neck injury risks.
- Stretch the limbs as outwards as possible.
- Hold the position for a few seconds.
- Return to the original position.
- Repeat the exercise 10 times regularly.

How YoBack Can Help to Lower Back Pain



The YoBack is an excellent tool to reduce neck and back pain. It also helps to increase body flexibility and mobility.

Looking for innovative and modern solutions for spinal problems? Well, give the YoBack a try and use it regularly for improved results. Try it free for 30 days and if you don't notice a difference by then we'll give you a full refund!!

The YoBack is a portable circular wheel that can be divided into 3 parts. Each of the parts serves as standalone equipment for YoFeet attachments.



**DR. PAUL
D'ALFONSO**
Chiropractor

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The YoBack is an innovative design for modern spinal problems. Broken into its single parts it's a perfect way to enhance the curves of the lumbar and cervical spine. It can also decrease thoracic kyphosis easily with daily use. I would recommend its daily use to improve spinal form and function. Another great feature is its convenient design. Making it easy to travel with is an added plus for anyone with a busy lifestyle. It will definitely have a place in my office.

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Let us glance through some of the benefits of the YoBack to help reduce lower back pain:

- Use the YoBack for curved body parts like the spine, neck, hands, pelvis, calves, and feet without any restrictions.
- Maximize your strength, flexibility, and mobility with angular practice.
- The individual YoBack parts work as standalone equipment for different exercises.
- The whole wheel enables a full-body stretch and acts as your personal chiropractor.
- YoBack facilitates chest, legs, core, and arm-building exercises as well.
- Only 5 minutes of regular YoBack practice helps to reduce lower back and neck pain.

Lower back pain can hinder regular activities, make you feel irritable, and waste precious time and energy. Get the YoBack from Eastnole and experience comfort like never before!

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