

5 Simple Exercises for Lower Back Pain

Take care of your lower back with these low-impact rehabilitation movements

1 Plank

Get in a push up position, with your forearms on the ground, shoulder-width apart. Keep your back straight and core tight.



2 Back Arch

Lay on your back, lift your hips, keep your back straight. Hold for 5 seconds, then repeat.



3 Swimming

This aerobic exercise is low-impact and gets blood flowing to your lower back muscles. Losing weight can also help reduce back pain.



4 Bird Dog

Start on your hands and knees. Extend one leg; hold for 5 seconds. For a more advanced option, extend your opposite arm.



5 Table and Child's Poses

Start on your hands and knees in the table pose with a straight back. Then, bend your knees and hips so your glutes are on your heels and your hands are extended forward.

