

Back Problems

Many of us suffer with a sore, aching back from time to time and there is a lot we can do to ease the pain and prevent it happening again. Often when our back hurts we are afraid to move but actually in the majority of cases the best way to improve the condition is to exercise, strengthening and stretching the muscles, particularly our core postural muscles.

Yoga is a particularly effective way of easing back pain, frequently recommended by healthcare practitioners and by the Arthritis Research Campaign, as the movements are controlled and focussed.

At Inside Out we have many tips and techniques to share with you to keep your back healthy. We can help you:

- ✓ Strengthen your core stability.
- ✓ Ease the pain of sciatica.
- ✓ Stretch, strengthen and release tense, tired muscles.
- ✓ Help to realign the spine, hip and shoulder girdles.
- ✓ Maintain / increase spinal flexibility.
- ✓ Help to keep the spinal discs healthy.
- ✓ Manage chronic conditions such as rheumatoid or osteoarthritis.

We work closely with physiotherapists (especially Whitehall Physiotherapy in Birkenshaw, www.whitehallphysiotherapy.co.uk) to ensure you get the best care and advice.

You could also start by trying this easy core muscle strengthening exercise:

- Lay on your back, on the floor, knees bent, feet flat to the floor. Become aware of the tightening the perineal muscles (pelvic floor region) and then draw the low abdomen towards the spine. You might feel the lower back flattening onto the floor. Hold for 10 seconds, breathing naturally. Release and relax. Repeat 10 times, at least once a day for best results.

Simple Tip!

Did you know that dehydration can cause back pain, have you drunk enough water today? Next time you go to the toilet check the colour of your urine, if it's dark in colour you are dehydrated, so please do your body a favour and drink some water (aim for 8 glasses a day).

If you would like to find out more about how we can help you take care of your back simply contact us on Isabel@yogainsideout.co.uk