

# 6 Important Physiotherapy Tips That Can Minimize Your Back Pain

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We have Best Physiotherapist in Bangalore at CAAPAR. Our doctor says that back pain is the most common reason for missed work and the second most common reason for visiting a physiotherapist.

Most cases of back pain are mechanical or non-organic, which means they are not caused by a serious condition and can be effectively treated to provide relief to the sufferer.

You should note though, these are not miracle cures and it doesn't involve vitamins or medication. A

**physiotherapist** will help you identify exactly what area of the back is affected and how you can specifically target this area for healing, and then help you prevent that pain from re-occurring.

## • 1. Get a Good Sleep At Night •

Peaceful sleep helps to repair strained muscles and soothe inflamed joints. A night spent tossing and turning can apply added strain to the painful area and further inflame the problem.



Often I recommend to my clients to sleep with a pillow between their knees as it can help people with **back pain**

get a peaceful night sleep.

There is a direct correlation between people who don't sleep well and suffer from any type of pain. Adequate sleep is crucial for living a pain free life.

## • 2. Undertake Gentle Exercise •



Some forms of back pain get worse with rest. You should attempt gentle stretching exercises to see the range of pain-free movement that you have.

Regular exercise will help strengthen the area which helps lower risk of repeat pain.

Do ensure though that you start off with gentle supervised exercise. If you find that you are not in pain then you can look at increasing the intensity of the exercise if you perform it correctly.

### • 3. Maintain A Healthy Weight •

While you are sitting or standing during the day your back is under pressure, especially from extra weight that is carried around the abdomen. If you are carrying extra weight then you are at **risk of back pain.**

A healthy weight isn't just a good idea for your back; it's a good idea in general!



#### 4. Participate in Clinical Pilates

Clinical Pilates is a form of physical exercise that focuses on balance, posture, core stability, control, strength, flexibility, and breathing.

Now a days, Clinical Pilates is often used in conjunction with physiotherapy as a means of treating a variety of injuries, particularly those of the neck and back pain. It improves breathing results in fluid movement of the diaphragm. Without this fluid movement excessive tension builds.



Consider enrolling yourself into weekly Clinical Pilates using reformer machines if you are a chronic back pain sufferer.

## 5. Use Hot & Cold Therapy

You'll need to find out which type of therapy gives you the most relief.



Cold therapy is the application of ice to the area which helps to control inflammation as well as reducing swelling – it can help temporarily numb the pain.

Heat is the application of wet heat to the area and this is ideal for reducing cramping and muscle spasms as it promotes blood flow with good nutrients to the area for relaxation.

Be careful to use wet heat as using dry heat can dehydrate the tissue and prevent healing.

## 6. Strengthen Your Core

Which include the muscles around your trunk, between your shoulders and bums. A functional six-pack doesn't just look good; it's also great for **back pain**.

By having a strong and conditioned core the weight distribution around your body is more easily carried.



Good core strength and conditioning provides support to your back and lightens the load on your back by better dissipating the forces impacting your body on a daily basis.



**CAPAAR**

Get Up! Get Here! Get Well..!

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