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.

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