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**Yoga For Back Pain Relief**

**By Dave Wooding**

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A good, regular yoga practice will go far in relieving the stress and tension that sometimes cause mild back pain, and in fact, studies have shown that yoga is the number one most effective exercise for relieving back pain. However, not all yoga poses relieve back pain, and some can in fact aggravate existing pain, so it is important to know which poses will be most helpful in relieving back pain. It is best to do these exercises under the supervision of a certified yoga instructor, and if you encounter any problems with these poses, you should consult an expert. Even just one or two sessions with a yoga instructor can help, an instructor will help you with your form and posture during poses. Here are some of the best yoga poses for relieving back pain. Each pose should be held from five to ten seconds, depending upon your level of comfort, and should be done on a mat or other soft, supportive surface.

**Corpse:** Lie flat on your back in a relaxed position, arms resting at your sides, palms down, and legs lying naturally, with knees turned out slightly. If it hurts your back to have your knees turned outward, do this pose with knees bent, feet flat on the floor. Breathe in and out for a few seconds while allowing any tension to leave the body.

**Cat Stretch:** Start out on your hands and knees with a flat back. Your hands should be directly under your shoulders with fingers spread. Knees should be directly under the hips. Head is held loosely so that you are looking at the floor between your hands. Inhale, and as you exhale, arch your back toward the ceiling, tuck your chin in to your chest so that you are looking at your navel, and tuck your tailbone underneath. Hold, then release back into your original position.

**Wind Releasing Pole:** Lie flat on your back as in Corpse pose. As you inhale, bend your knee, place your hands right below the knee, and draw your leg towards your chest. Your left leg should remain flat on the floor. Exhale and bring your forehead up to touch your knee. Inhale, and then as you exhale, return to your original position. Repeat with the other leg.

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**Sage Twist:** Warning for this pose—it involves twisting your back, so you should take particular care not to twist too far or you risk aggravating any existing back pain. This should be a gentle stretch; twist just as far as is comfortable. Sit on the floor with both legs out in front of you. Bend your right knee, lift your right leg over your left, and place your right foot on the floor next to your left knee. Sitting with spine straight, place your left elbow on the right side of your right knee. Bend your left arm so that your left fingertips are touching your right hip, while at the same time, twisting to look over your right shoulder. This is where you need to be careful not to twist too far. Hold for a few seconds, release, and repeat on the opposite side.

**Palm Tree:** Stand with feet facing forward, arms at your sides, weight distributed evenly on both feet. Raise both arms over your head, interlock your fingers, and turn your hands so that your palms are facing upward. Next, place your palms on your head and turn your head so that you are looking slightly upward. Stretch your arms upwards, and at the same time, come up onto your toes if you can do so without pain. Stretch your entire body upward and hold, if you can. Some people have difficulty balancing during this pose, so just do the stretching parts if you need to.

**Fish Pose:** Lie on your back with knees bent and arms at your side. Arch your back as far as you comfortably can and raise it off the ground by pushing the floor with your elbows. If you can, tilt your head backwards and rest the crown of your head on the floor. Breathe deeply from the diaphragm and hold pose for one minute if you can.

**LOCUST:** Lie face down with arms at the side, palms down, and elbows slightly bent with fingers pointing towards the feet. Raise your legs and thighs as high off the ground as possible without causing your back any pain. Hold for one second and repeat up to twelve times. This can be a vigorous exercise so you must take care to strain already injured muscles.

**Bending Forward Pose:** Stand up straight with feet together and arms hanging loosely along your sides. Breathe in deeply and raise your arms straight above your head. While breathing out, bend forward and touch your toes if you can. If you can't reach your toes, grab hold of your ankles or calves. To complete the pose, you should touch your head to your knees, but this may be too difficult for many who suffer from lower back pain. Your movements during this pose should be smooth, not jerky.

Dave Wooding provides health related information and heart rate monitor review at  
for your reading pleasure.

### **Use Prescription Of Yoga To Treat Your Back Pain**

**By Ashish Jain**

After visiting so many orthopedists and back pain specialists, after taking so many over the counter medications and after experiencing their side effects and no effects in curing your back pain problem...you are virtually hopeless of getting one right solution to your problems??

## Yoga For Back Pain Relief

Don't feel dejected as you are not alone. There are many like you who have gone through all these courses of back pain treatments finally reaching to a conclusion that all these medications are of no use in the long run. And it is partly true as well!

Now, you need a definite answer to your back pain problem? And I definitely have one for you.

Come to YOGA and you are on the way to find some thing definite, something authentic, and some thing that will provide you permanent relief from back pain and pave the way for you to live for the mythical age of 120 years!

This is the best answer! This is the only answer. Herein, by stressing on Yoga, I am specially referring to physical exercises. It is nothing but understanding your constitution. An institution created for you by the Almighty and your only job is to maintain it properly. The present back pain is your opportunity to make and understand your future programs!

There are many pain-related things which you need to pay attention to. They are also the indirect causes of your back pain. You may counter-question, what stress in my mind has got to do with the pain in the back. Once I was told by a famous Ayurveda Practitioner, to put a drop of Neem juice in the nostrils every day for healthy growth of hair!

I thought, growth of hair on the head...but what it has to do with putting drops of Neem juice in the nostril? But then, apart from his experience and confidence, he showed me evidence of several successful cases.

Do not be under the impression you can keep any yoga book full of pictures before you and practice yoga. There are hundreds of postures meant for different purposes, different diseases, if you wish to understand it that way. With the help of some experienced teacher, you have to learn which asanas are suitable for your immediate relief of back pain and then, for the overall strengthening of the body.

If you do the exercises like a novice, some asanas may increase your discomfort. "Start early, drive slowly and reach safely" is the principle to be applied in this area also. Guided by your yoga teacher, select a few asanas, select your timings, select your diet, and then go ahead. The results are slow, but they are bound to come and they will provide you permanent relief. You need to hold on to each pose for about 15 seconds. Never ever try or over do.

After each exercise breath in and breath out and relax for about a minute or two.

Don't think, this article is the description on yoga. It is the prescription of yoga for your permanent relief for the back pain!

& Back Pain Exercises provides detailed information on

back pain, back pain treatment, back pain cure, back pain exercises and more.

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