

MOTOR CONTROL EXERCISE (MCE)

Motor control exercise may decrease low back pain by strengthening the muscles of the trunk and spine. A physical therapist or practitioner may guide you through exercises that build the capacity of your spine muscles to coordinate and support each other.

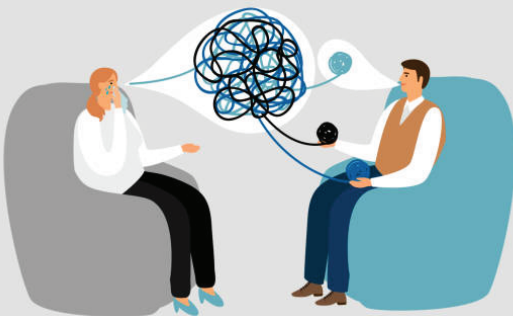


MASSAGE

Some studies show that massage may provide short term pain relief for those experiencing low back pain, especially when used in combination with other treatments like exercise and relaxation therapies.

SUPERFICIAL HEAT

Superficial heating agents like heating pads, steam, and topical balms may help to relieve back pain. These heating agents work by promoting blood flow in connective tissues and muscles where the heat is applied.



PSYCHOLOGICAL THERAPIES

Some studies show that psychological therapies may be as effective in treating chronic pain as exercise. Mindfulness-based stress reduction therapies may also be effective in treating chronic back pain.

LOW INTENSITY EXERCISES LIKE YOGA, TAI CHI, AND PILATES

Ask your doctor before starting any new movement-based programs. Yoga, tai chi, and pilates, have been shown to decrease lower back pain and increase physical function more so than no exercise.

