

Get In the Swim for Back Pain



Back pain can carry a double whammy. Painful back muscles may prevent you from exercising comfortably. But a lack of exercise may inhibit your back from healing and may actually make the condition worse. Swimming can be an excellent solution to your problem. Fortunately, swimming provides a great full body workout.

- **Water counteracts the forces of gravity, taking pressure off the spine.**

- **You get an excellent cardiovascular workout and increase blood flow to affected areas, without the stress on the joints that jogging causes.**
- **And the resistance training you get by pulling your body through the water helps you strengthen your muscles, which may relieve certain forms of back pain.**

But you cannot just dive in to a swimming program if you suffer from back pain. Repetitive or awkward movements in the pool have the potential to aggravate your pain. You need to **be sure that your swimming style fits your needs.**

Depending on your situation, other activities may be more appropriate.

- **Water aerobics**, which includes marching in place, jumping jacks and movements mimicking cross-country skiing, accomplishes many of the same goals as swimming. The workout may also incorporate equipment such as flotation devices.
- **“Dry-land” exercises**, such as walking and stair climbing in the pool, may also prove effective.

Before beginning any program to relieve back pain, consult us. We can custom design a program that addresses your specific needs while considering your personal preferences.