**How Important Is It To Keep Yourself Active When Dealing With Back Pain?**

Back pain can be a debilitating condition that affects people of all ages and backgrounds. It can make even the simplest tasks seem impossible, and can have a significant impact on a person's quality of life. One question that many people ask when dealing with back pain is whether or not it is important to keep themselves active. In this article, we will explore the importance of staying active when dealing with back pain, and how you can do so safely and effectively.

## Why Is It Important To Stay Active When Dealing With Back Pain?

When you experience back pain, it can be tempting to rest and avoid any activity that may exacerbate your symptoms. However, staying active can actually be beneficial for your back health. When you move your body, you help to strengthen the muscles that support your spine, which can help to reduce the likelihood of future injury. Additionally, physical activity can help to improve circulation, which can reduce inflammation and promote healing.

Of course, it is important to approach physical activity with caution when you are dealing with back pain. Certain types of activity may be more appropriate than others, and it is important to listen to your body and avoid anything that causes you significant discomfort. You may also want to speak with your healthcare provider before beginning any new exercise regimen.

## What Types Of Activity Are Best For Those With Back Pain?

When you are dealing with back pain, it is important to choose activities that are low-impact and will not put unnecessary strain on your spine. Some good options may include:

* Walking: Walking is a great way to get your body moving without putting undue stress on your back. Try taking short walks throughout the day, and gradually increase the length of your walks as you feel more comfortable.
* Swimming: Swimming is an excellent form of exercise for those with back pain, as it is low-impact and can help to strengthen the muscles that support your spine. If you do not have access to a pool, you may also want to consider other water-based activities, such as water aerobics.
* Yoga: Yoga can be a great way to improve your flexibility and strengthen your core muscles, which can help to reduce your risk of future back pain. However, it is important to approach yoga with caution and to avoid any poses that may put undue strain on your back.
* Pilates: Pilates is another form of exercise that can help to improve your core strength and flexibility. However, as with yoga, it is important to choose a class that is appropriate for your level of fitness and to avoid any exercises that cause you discomfort.
* In addition to these types of activity, you may also want to incorporate stretching and strength-training exercises into your routine. A physical therapist or other healthcare provider can help you develop an exercise plan that is tailored to your specific needs and abilities.

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## ****Conclusion****

* When you are dealing with back pain, it is natural to want to rest and avoid any activity that may cause discomfort. However, staying active can actually be beneficial for your back health, as it can help to strengthen the muscles that support your spine and promote healing. By choosing low-impact activities and approaching exercise with caution, you can keep yourself active and on the path to recovery.
* Now don't let back pain bring you down,
* Keep moving and you'll lose that frown,
* Your spine will thank you for the care,
* And you'll soon be pain-free and ready to dare.