Chiropractic Care Clinic Explains How to Exercise the Back in New Blog Post

March 27, 2020

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Florida Spine & Injury - The Villages, based in Lady Lake, Florida, has released a blog post that explains how people can exercise their back. They want to point out that treating back pain does not mean taking it easy or going to bed. Actually, bed rest is usually not recommended for most acute back pain. Exercise is one of the best methods for eliminating back pain and preventing it from returning.

Dr. Jonathan Walker, D.C., one of the chiropractors at Florida Spine and Injury, recommends, ?Before you get started working out, check with your doctor or chiropractor. If you haven?t exercised much in the past, start slowly and work your way up gradually. One of the worst mistakes is trying to do too much too soon. Always leave time for warm-up and cool-down before and after workouts for back pain.?

The Villages Chiropractor also explained how back pain could be prevented. Improper body mechanics such as incorrect posture or lifting heavy objects often leads to back pain. He encourages people to be aware of how they sit, lift, bend, twist, and walk. Other good ideas to reduce back pain is to make sure one's workplace uses ergonomically correct furniture, and ask for help if one may need to move a heavy object.

It is important to exercise the back muscles because these muscles are involved in almost every activity and must be sufficiently strong to handle all that work. The lower back plays an essential part in our movement, as it is involved in flexion and extension of the upper body as well as rotation.

There are several workouts for back pain, and it is the chiropractor who can provide specific advice and training for a specific back pain condition. Stretching exercises can also help in strengthening the back. Examples of good stretching exercises are the hamstring stretch and knee-to-chest. Also, aerobic exercises and swimming may also good for the back.

For individuals who have been exercising and trying some home remedies for back pain, visiting a chiropractor can aid in reducing pain. A chiropractor will perform a complete physical exam and establish a treatment plan for managing the patient?s back pain. He may also be able to suggest other back exercises that can help with the pain. Free back pain consultations are being offered at Florida Spine & Injury - The Villages.

At Florida Spine & Injury - The Villages, they can use spinal manipulation to help in relieving back pain. The chiropractor will perform several safe and natural adjustments that are intended to realign the spinal column properly. And if the spinal column is aligned correctly, there will be less pressure on the discs and nerves, allowing the body to function at its best. Patients may also be able to supplement these chiropractic treatments by adopting proper posture and sleeping positions that may help in keeping the back aligned.

Those who are interested in back pain treatment may want to check out the Florida Spine & Injury in The Villages or contact them on the phone, or through email.

They are open from Monday to Thursday, from 8:00 am to 6:00 pm, from 8:00 am to 5:00 pm on Fridays. Contact them today for a free consultation.

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For more information about Florida Spine and Injury - The Villages Chiropractor, contact the company here:Florida Spine and Injury - The Villages ChiropractorDr. Jonathan Walker, D.C.(352) 251-3711DrWalker@flspineandinjury.com809 Co Rd 466 c301, Lady Lake, FL 32159

Florida Spine and Injury - The Villages Chiropractor

Florida Spine and Injury in The Villages provides Premier Treatment for Car Accident Injuries, Work Injuries, Slip & Fall Accidents and more. Our team of experienced Doctors and Chiropractors serve residents of Sumter County and

beyond.

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