

What exercises can be done at home to strengthen your back?

Recommending or prescribing exercises for each patient is solely dependent on the chiropractic examination results.

“Core strengthening” should only commence once proper alignment has been achieved. Strengthening a spine out of optimum position will create healthier muscle groups but unhealthy spinal mechanics.

Consult your family chiropractor and get a specific program fashioned for your specific needs. Ball exercises, crunches focusing on muscles below the navel, side sit-ups, free weights, stretching even swimming can be a part of ones’ program. Isometric exercises are also extremely effective with no cost applied.