

Exercises to Relieve Lower Back Pain in An Instant

We can offer you some general exercises and stretches that may help relieve lower back pain. However, it's important to consult with a healthcare professional or physical therapist before starting any new exercise program, especially if you have a history of back problems or injuries. They can provide personalized advice and ensure these exercises are safe and suitable for your specific condition. Here are some [exercises to relieve lower back pain](#) in few minutes:

Pelvic Tilts:

- Lie on your back with your knees bent and feet flat on the floor.
- Tighten your abdominal muscles and press your lower back into the floor.
- Hold for a few seconds, then release.
- Repeat 10-15 times.

Knee-to-Chest Stretch:

- Lie on your back with your knees bent and feet flat on the floor.
- Bring one knee toward your chest and hold it with both hands.
- Hold for 20-30 seconds, then switch legs.
- Repeat 2-3 times for each leg.

Cat-Cow Stretch:

- Start on your hands and knees in a tabletop position.
- Inhale and arch your back, lifting your head and tailbone (Cow Pose).
- Exhale and round your back, tucking your chin (Cat Pose).
- Repeat this flowing motion 10-15 times.

Child's Pose:

- Kneel on the floor and sit back on your heels.
- Reach your arms forward and lower your chest toward the floor.
- Hold for 20-30 seconds while breathing deeply.

Bridge Exercise:

- Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
- Tighten your buttocks and lift your hips off the floor, creating a straight line from your shoulders to your knees.
- Hold for a few seconds, then lower your hips back down.

- Repeat 10-15 times.

Leg Raises:

- Lie on your back with your legs straight.
- Tighten your abdominal muscles and lift one leg a few inches off the floor.
- Hold for a few seconds, then lower it back down.
- Alternate legs and repeat 10-15 times for each leg.

Partial Crunches:

- Lie on your back with your knees bent and feet flat on the floor.
- Cross your arms over your chest.
- Curl your upper body off the floor, exhaling as you lift.
- Inhale as you lower back down.
- Repeat 10-15 times.

Remember to start gently and progress gradually. If you experience any pain or discomfort while doing these exercises, stop immediately and consult a healthcare professional. Additionally, maintaining good posture, staying active, and incorporating regular stretching and strengthening exercises into your routine can help prevent future lower back pain.