

Cardiovascular and strengthening exercises combined with chiropractic care are important in the management of lower back pain. If a chiropractic patient has a history of heart problems, it is important for the patient to consult with their Primary Care Physician to be certain they can tolerate cardiovascular fitness activities.

Specific instructions are given by the chiropractor with respect to proper exercise for the patient's condition before beginning any exercises. Programs, in general, require a reasonable amount of exercise that is performed daily and utilizes activities that are enjoyed are recommended for patients undergoing chiropractic treatment.

Overall and when combined with chiropractic care, exercise helps promote proper digestion, keeps the muscles in proper tone, and promotes better circulation. Walking basically around the block at least once or twice a day is a convenient and popular activity. Also, many forms of work and/or household tasks can function as an exercise program. The important point is to exercise!

### **Types of exercise for chiropractic care.**

With respect to low back pain, there are many applicable exercises that are available for patients also, undergoing chiropractic care for lower back pain. One can classify the chiropractic patient into a flexion or extension biased category to determine the variety that is best for that patient.

1. If a patient feels best when bending over (flexion Biased), exercises that promote low back pain such as pulling the knees to the chest, posterior pelvic tilts, bending forward from a sitting position and others are usually helpful.
2. If a patient is least symptomatic in extension, especially if leg pain centralizes or diminishes (Extension Biased)
3. Strengthening of the pelvic stabilizing muscles (Trunk Muscles), hamstrings, adductors, and other overly short or tight postural muscles, as well as proprioceptive or balance promoting exercises also can result in a greater patient satisfying outcome.