

Preventative Posture Q&A



Q: What exercises can help with back pain?

A: This is very dependent on the type of back pain you have. Always talk to your doctor first before starting any exercise routine. And always listen to your body...if it doesn't feel right it probably isn't. It is important to do core strengthening exercises...think sit ups, planks, Pilates, yoga, etc. Your core and back work together, so make sure to strengthen your back too through exercises like pushups, swimmers, etc.

Q: Is there anything I can eat that will help with back pain?

A: Committing to a diet that is well-balanced in fruits, vegetables, lean proteins, whole grains and healthy fats will give your body the proper nutrition it needs to work its best. As we discussed, some back pain can be caused by various bone diseases. Evaluate your food intake to make sure you are getting enough calcium, phosphorous and Vitamin D to help keep your bones strong and healthy. This will help minimize your chances of developing certain bone disease that can cause pain in your back.