

## **Q&A – Lower Back Pain**

### **Ask the Physical Therapist**

By Matt Melotte, DPT

**Q: What exercises should I avoid with low back pain?**

**A:** There really is no easy way to answer this question with one definite answer.

A good concept to follow and keep in mind is that any exercise that causes increased low back pain or any type of pain should be avoided because your body is trying to tell you something is not quite right. Therefore, a good place to start is with simple exercises including stretching and mobility exercises that do not increase pain, and then you can slowly progress toward core stability and strengthening exercises as your body allows without increasing low back pain levels. However, if you continue to have low back pain physical therapy can greatly help with instructing and guiding you in the right direction so you can become independent with a home exercise program. At Orthopedic & Spine Therapy, we do free screens to further assess your current problem and see if you would benefit from further therapy or medical needs. Please feel free to contact any of our 16 clinics with further questions.

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