

Back Pain: Helpful Exercises

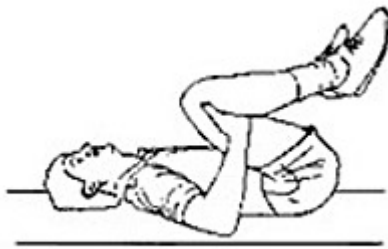
Important Point: Back pain in young children is not as common as in adults, and the cause is often more serious. If pain persists more than two weeks, let us know.

1. Wall slides to strengthen back muscles



Stand with your back against a wall and feet shoulder-width apart. Slide down into a crouch with knees bent to about 90 degrees. Count to five and slide back up the wall. Repeat 5 times.

2. Exercises to decrease back strain



Lie on your back with your knees bent and feet flat on your bed or floor. Raise your knees toward your chest. Place both hands under your knees and gently pull your knees as close to your chest as possible. Do not raise your head. Do not straighten your legs as you lower them. Start with five repetitions, several times a day.

3. Partial sit-up to strengthen stomach muscles



Lie on your back with knees bent and feet flat on floor. Slowly raise your head and shoulders off the floor and reach with both hands toward your knees. Count to 10. Repeat five times.

4. Leg raises to strengthen muscles



Lie on your stomach. Tighten the muscles in one leg and raise it from the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat five times with each leg.

Beside the above stretches and exercises, it may also be helpful to give ibuprofen and apply a heating pad or a muscle rub such as BenGay or Icy Hot (but don't do both -- that might burn).