



RESTORATIVE YOGA FOR CHRONIC & BACK PAIN RELIEF

RESTORATIVE YOGA 101

Restorative yoga is a type of yoga done lying down that involves no active movement or muscular engagement. With the support of yoga props like blankets, bolsters, and foam blocks, you'll lay in various supine poses designed to help you lightly stretch while relaxing comfortably. You can practice five to ten poses in each session, where each pose may be held anywhere from 5-25 minutes.

HOW THOSE SUFFERING FROM CHRONIC BACK PAIN BENEFIT FROM RESTORATIVE YOGA



This type of yoga can be truly transformative for people who suffer from general back pain and stiffness. Many people experience immediate relief from practicing these supported reclining poses.

Yoga helps to build postural stability by both strengthening and lengthening the muscles that support the spine. By developing strength and flexibility, it's easier to avoid back pain in general.

Additionally, the physical and mental relaxation practiced during restorative yoga is extremely beneficial. Calming the mind and relaxing the body brings an immediate response from the nervous system, promoting the body's own healing and repair.

THE BEST RESTORATIVE YOGA POSE FOR BACK PAIN

Start with a pose called "Legs Up The Couch." Lie down on the floor and place your legs up and over the couch so that they are elevated. Make sure your entire back is touching the ground and the backs of your legs below the knee are touching the seat of the couch. Your legs should be bent no more than 90 degrees. Relax your head on the floor or a pillow and relax your arms along your sides. Free yourself from any distractions like cell phones or television. Even ten minutes in this position on a daily basis can bring significant relief.



YOGA TYPES TO AVOID IF YOU ARE IN PAIN

Even though you may be very physically fit, it's crucial to start at a beginner's level because learning yoga is like learning a whole new language. It's best to find a style that is alignment-based and focused on form. Anything that is classified for beginners or labeled "gentle yoga" is a good starting point.

Avoid styles such as Ashtanga, Hot Yoga (or Power Yoga), Vinyasa Flow, and Bikram Yoga as they can be very physically strenuous and cause injury when not done properly.

A NOTE TO THOSE WITH INJURIES OR SPECIFIC CONDITIONS

For those who suffer from chronic back pain caused by injuries or particular conditions, it's important to remember that some of the poses may need to be modified so as not to exacerbate or aggravate the injury. Consider working with an experienced yoga teacher or yoga therapist if you have special conditions or injuries.

The National Spine Health Foundation is a nonprofit organization dedicated to improving spinal health care through education, research, and patient advocacy. We educate Americans about the treatment and prevention of neck and back disorders. We prove what works, drive innovation, and support patients on their journey to spinal health.