

Yoga Is Better for Back Pain than Conventional Medical Care

Hugh Hitchcock December 10, 2013



yoga poses

Doing yoga poses is better for treating back muscle pain than standard medical treatment, according to a British study.

([Newswire.net](http://www.newswire.net) -- December 10, 2013) Miami, Florida -- According to researchers from the University of York, people who undertook a 12-week course on yoga poses because they were experiencing pain in their lower back muscles, experienced more improved back function compared to those who received standard medical care.

"Back pain is an extremely common and costly condition. Exercise treatment, although widely used and recommended, has only a small effect. Our results showed that yoga postures can provide both short- and long-term benefits to those suffering from chronic or recurrent back pain, without any serious side effects." Dr. David Torgerson, from the university's health sciences department, said.

The study involved 156 patients who took in yoga classes, while another 157 patients received standard care from the U.K.'s National Health Service.

After three months, participants [practicing yoga asanas](#) were able to participate in 30 percent more activities than those receiving conventional medical care. Also, patients who attended yoga sessions experienced significant pain reduction.

Although doing [yoga postures](#) didn't necessarily bring pain relief, the yoga group had improved confidence in terms of performing their daily tasks such as walking more quickly, and standing up for longer periods of time.

"This trial is part of our larger commitment to seek self-help solutions such as yoga postures for this common musculoskeletal problem. There are compelling explanations why yoga may be helpful, and this trial lends powerful support to the wider use of this approach," Professor Alan Silman, medical director of Arthritis Research U.K., said.

The study is published in the journal, *Annals of Internal Medicine*.

There are different approaches to yoga, and some of the most popular ones are Bikram yoga, Ashtanga, Anusara and Vinyasa.

Daily practice of yoga asanas entail back stretches and back strengthening exercises. The widely known benefits of yoga include back and abdominal muscles strengthening and improved overall body posture. Many experts also recommend yoga back exercises to relieve back spasms and even slipped disc.

For more information on [yoga and back pain](#), you can check out [Excellent Posture](#). Learn the holistic way of improving your posture to get lasting pain relief.

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