

RANJANA YOGA CLASS

Yoga for Back Care

A Beginner's Guide (Doctor First)

Gentle movement ideas for the back, what to avoid,
and why a doctor check comes first

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General education only. Not medical advice. Speak with your doctor before starting any new practice.

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1. What back care is

Back pain is common and has many causes. Some are minor, such as muscle strain. Others, such as a disc problem, a fracture or an infection, need medical care. This guide cannot tell which you have.

Some people with ongoing low back pain find gentle yoga helpful, and some studies support this for certain people. It is not right for everyone, so please see a doctor first.

The short answer

Get your back pain checked by a doctor before starting. If cleared, choose gentle movement, avoid deep bends and twists, and stop if pain increases. Yoga does not cure the cause of back pain.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

See your doctor or physiotherapist before starting yoga for back pain, especially if it is new, severe, follows an injury or has lasted more than a few weeks.

Stop and get medical advice if you notice:

- numbness, tingling or weakness in the legs;
- loss of bladder or bowel control (emergency);
- fever, unexplained weight loss, or pain at night that does not ease;
- pain after a fall or injury.

3. Gentle options often suggested

Movement	How	Caution
Cat and cow	Slow, small range with the breath.	Stop if pain increases.
Knee hugs	Lying down, hold one knee gently.	No pulling.
Pelvic tilts	Lying down, flatten and release the lower back.	Small movements.
Supported child's pose	Fold over a bolster.	Skip if it hurts.
Supine twist, small	Knees drop gently to one side.	Avoid if painful.

4. Poses to approach with care

Pose	Why
Deep forward folds	Can strain a disc or hamstrings.
Deep twists	Strong rotation of the spine.
Full backbends	Compress the lower back.
Straight-leg lifts	Strain the lower back.

Ask your doctor or physiotherapist which of these to avoid.

5. A 12-minute gentle routine

Time	Practice	Notes
2 min	Pelvic tilts	Small and slow.
3 min	Cat and cow	Comfortable range.
3 min	Knee hugs, each side	Easy.
2 min	Supported child's pose	Rest.
2 min	Lie with knees bent, breathe	Relax.

6. Your four-week plan

Week	Focus	Length	What to notice
1	Pelvic tilts and breathing	5 min	Does anything hurt?
2	Add cat and cow	8 min	Is it comfortable?
3	Full routine	12 min	Rate your back, 1 to 10.
4	Practise most days	12 min	Note any change.

7. Choosing a class or teacher

Choose a teacher trained to work with back problems, and a small class. Tell them your diagnosis and any restrictions.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.

- Avoid anyone who says yoga can replace your treatment.

8. Practising at home

At home, use a firm mat and warm up first. Move only in pain-free ranges. Walking and staying active also help many people.

9. Honest expectations

Some people find relief with gentle yoga, but results vary and it is not a cure. Back pain with other symptoms needs medical care.

10. Common mistakes and fixes

Mistake	Fix
Skipping the medical check	See a doctor first.
Deep stretching	Keep movement small.
Pushing through pain	Stop when it increases.
Doing too much, too soon	Build slowly.
Staying still all day	Gentle movement helps.

11. Questions people ask

Is yoga good for back pain?

Some people with low back pain find gentle yoga helpful. Check with your doctor first.

Which poses should I avoid?

Deep folds, twists and backbends may aggravate some problems. Ask your doctor.

Can yoga fix a slipped disc?

No. Medical advice is needed.

How soon will I feel better?

It varies. Stop and see a doctor if pain worsens.

12. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?

- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

13. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

14. Glossary

Term	Plain meaning
Lumbar	Lower back.
Disc	Cushion between spine bones.
Pelvic tilt	Rocking the pelvis gently.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Back pain 1-10	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				