

# Research suggests yoga benefits individuals with chronic back pain

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New research [published](#) in the *Journal of Orthopaedic Research* suggests that the physical postures, breathing exercises, and mindfulness practices of yoga may benefit individuals with back pain.

In the study, 10 [women](#) with and 11 without [chronic low back pain](#) underwent an 8-session yoga program over 4 weeks, with the first session conducted in a clinic and the rest delivered with a tele-approach. Women with chronic low back pain experienced a significant decrease in [pain intensity](#), as assessed through a 10-point visual analog scale (an average pain of 6.80 at the start, dropped to 3.30 after the sessions) and through a spine-related measure called the flexion–relaxation phenomenon, which is often absent or disrupted in people with low back pain (5.12 at the start versus 9.49 after the sessions).

The findings suggest yoga can positively impact the neuromuscular response during trunk flexion and pain perception in individuals with chronic low back pain.

"It was interesting to show the role that yoga might play in the management of chronic back pain," said corresponding author Prof. Alessandro de Sire, MD, of the University of Catanzaro "Magna Graecia" and University Hospital "Renato Dulbecco," in Italy.

The authors noted that further research is warranted to assess [yoga's](#) long-term effects.

**More information:** Impact of yoga asanas on flexion and relaxation phenomenon in women with chronic low back pain: Prophet model prospective study, *Journal of Orthopaedic Research* (2024). [DOI: 10.1002/jor.25790](#) [onlinelibrary.wiley.com/doi/10.1002/jor.25790](https://onlinelibrary.wiley.com/doi/10.1002/jor.25790)

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