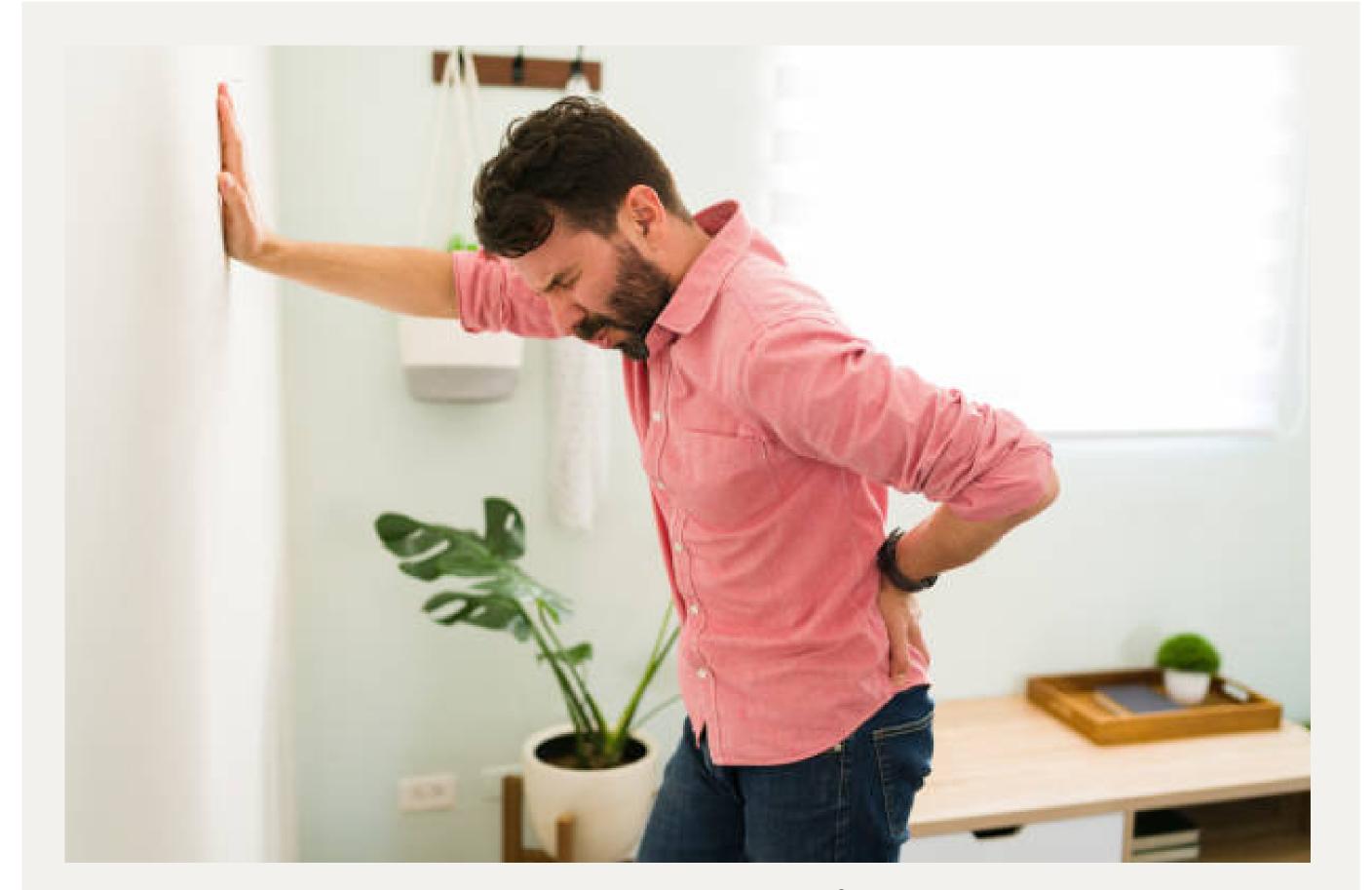


INTERNATIONAL DAY OF YOGA 21st June 2022

COUNTDOWN: 18 DAYS TO GO

YOGA CAN HELP IN CHRONIC LOW BACK PAIN



A joint study by the Department of Physical Medicine & Rehabilitation and CIMR has shown that yoga can help in relieving chronic low back pain and improving backrelated dysfunction.

Neyaz O, Sumila L, Nanda S, Wadhwa S. Effectiveness of Hatha Yoga Versus Conventional Therapeutic Exercises for Chronic Nonspecific Low-Back Pain. J Altern Complement Med. 2019 Sep;25(9):938-945. doi: 10.1089/acm.2019.0140. Epub 2019 Jul 26.