Middle-aged or elderly patients with Lower Back Pain?
Try the following flexion exercises in your own home.

1. One-leg knee to chest
   
2. Two-legged knee to chest
   
3. Right knee roll
   Left knee roll

Try knee rolls left and right to stretch and strengthen back muscles.

Try alternating between cat and camel postures to strengthen core and back.

**TIPS TO AVOID AND PREVENT LOWER BACK PAIN:**
- Early in the morning, avoid bending, leaning forward.
- When lifting, bend at the knees and hips, not at the waist.
- Avoid prolonged periods of sitting.
- Get regular exercise.
- Choose a diet rich in fruits, vegetables, and proteins.
- Avoid artificial sweeteners, sugars, and processed foods.

Questions? Text: #IQuestion or call 1.800.531.098