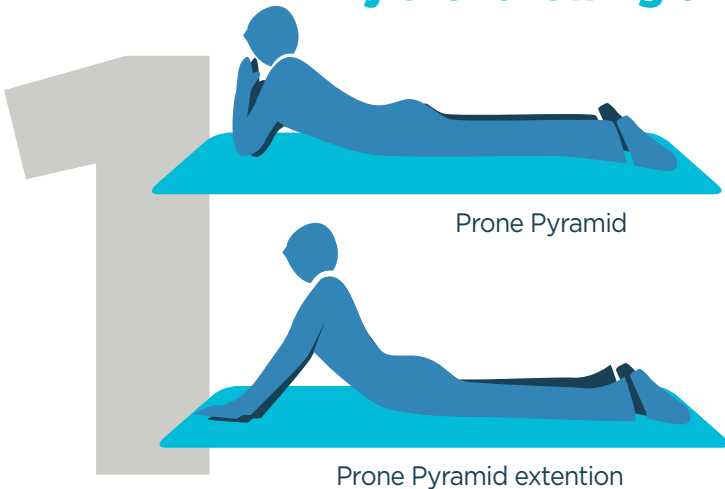


# Young to middle-aged patients with Lower Back Pain?

Try the following extension exercises in your own home.



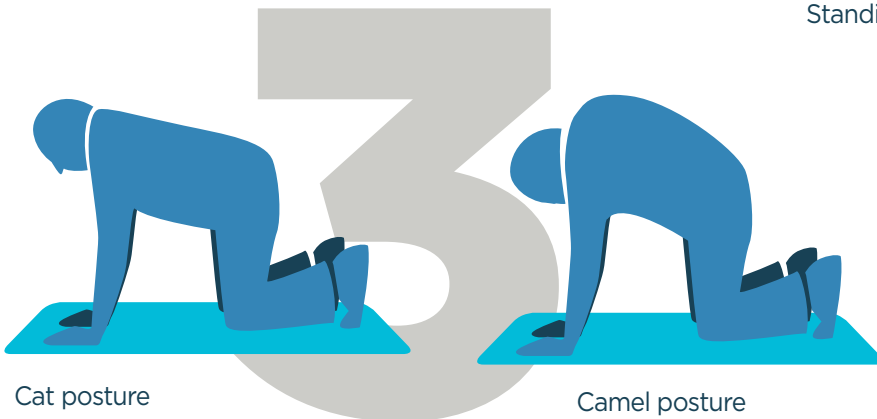
Lift from prone pyramid up to prone extension to increase range of movement.

Standing extensions. Hands behind thighs, push mid-section out and bend backward.



Standing extension

Standing extension bending back



Alternate 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.
- Choose a diet rich in fruits, vegetables, and proteins.
- When lifting, bend at the knees and hips, not at the waist.
- Avoid artificial sweeteners, sugars, and processed foods.
- Avoid prolonged periods of sitting.
- Get regular exercise.

Questions? Text: #IQuestion or call 1.800.531.098