Young to middle-aged patients with Lower Back Pain?

Try the following extension exercises in your own home.

1. **Prone Pyramid**
   - Lift from prone pyramid up to prone extension to increase range of movement.

2. **Prone Pyramid extension**
   - Sanding extensions. Hands behind thighs, push mid-section out and bend backward.

3. **Standing extension**
   - 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.
- 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