

Middle-aged or elderly patients with Lower Back Pain?

Try the following flexion exercises in your own home.



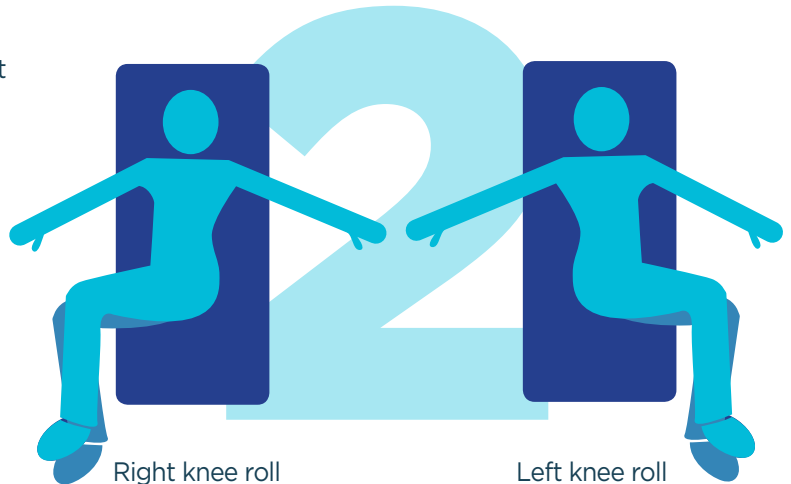
One- leg knee to chest



Two- legged knee to chest

Try one knee or two knee raises to help flex and stretch lower back muscles.

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



Right knee roll

Left knee roll



Cat posture

Camel

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

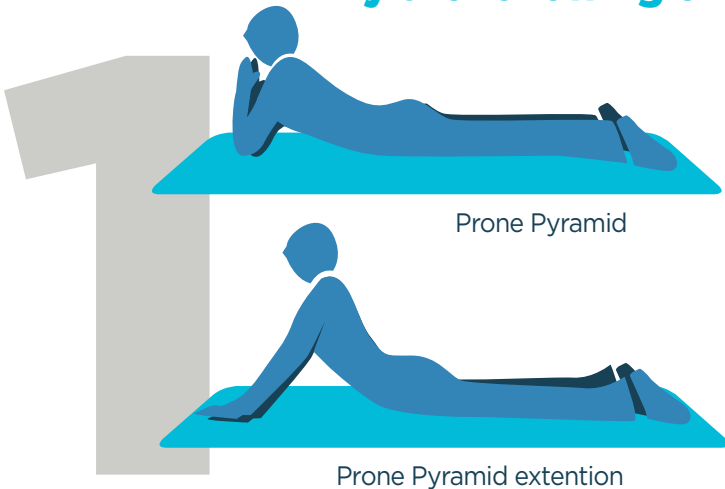
TIPS TO AVOID AND PREVENT LOWER BACK PAIN:

- Early in the morning, avoid bending, leaning forward.
- 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

Young to middle-aged patients with Lower Back Pain?

Try the following extension exercises in your own home.



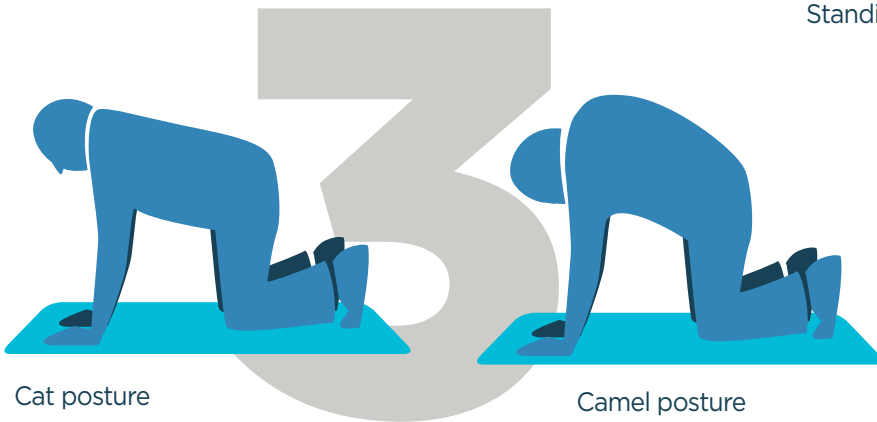
Lift from prone pyramid up to prone extension to increase range of movement.

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



Standing extension

Standing extension bending back



Cat posture

Camel posture

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