



# Most Back Pain Is Treatable From Home

About 90% of back pain episodes resolve themselves within six weeks\*. Before having an X-ray, prescription, or other treatment services, consider these treatment options:

## Ice and heat

- Ice for 20 minutes at a time, several times a day; after two days, switch to the same routine with a heating pad

## Over the counter

- Take the recommended amount of over-the-counter anti-inflammatory medication such as ibuprofen or naproxen

## Hands-on help

- A chiropractor or physical therapist may help relieve stiff muscles and treat lower back pain

## Change your shoes

- Often, back pain comes from poor shoes, so make sure you have the right fit and padding

## Consider your mattress

- If a mattress is more than eight years old, sagging springs may contribute to lower back pain

## Healthy eating

- Eating a healthful diet includes nutrients like calcium, vitamin D, magnesium, and iron which can have a significant impact on preventing back problems and improving recovery

# Low Back Pain? Keep Moving!

Exercise and stretching programs have shown to have a considerable impact on reducing pain in addition to strengthening the back and increasing flexibility. Just stretching a few minutes each day can help make the back healthier and more limber.

## Low Back Cobra



Start on your stomach with your legs extended, put your feet together and squeeze your glutes. Place your hands flat on the floor next to your chest, then lift your chest, stretching and straightening your arms. Pull your shoulders competently back. Take a deep breath and hold for 20 seconds, repeating one more time.

## Back Flexion Stretch



Lie on your back and bend your knees up with your feet flat on the ground. Slowly bring both knees up to your chest and gently hold your knees with your hands. Hold this position for three seconds, repeating the movement ten times.

## Knee to Chest Stretch



Lie on your back with both knees bent and both heels on the floor. Then place both hands behind one knee and pull your knee towards your chest.

## Kneeling Lunge Stretch



Start on both knees, then move one leg forward so your foot is flat on the ground, keeping your weight evenly distributed through both hips. Place both hands on the top of your thigh and then gently lean your body forward to feel a stretch in the front of the down leg.

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<sup>1</sup>Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3414626/>

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