

10 Tips for Dealing with Lower Back Pain



Lift Correctly

Engage your legs and core, hold items close, and avoid twisting your back.



Maintain a Healthy Weight

Manage body weight to decrease pressure on the spine.



Maintain Correct Posture

Sit and stand with shoulders back, head up, and feet planted to distribute weight evenly.



Stay Active

Engage in gentle movements and stretches to promote healing and flexibility.



Use Heat or Ice

Apply ice for inflammation and heat for muscle relaxation to alleviate pain.



Get a Massage

Consider massage therapy to relieve tension and improve muscle stability.



Stretch Your Muscles

Incorporate regular stretching to enhance flexibility and relieve tension in the back.



Sleep on a Quality Mattress

Use a medium-firm mattress to support your spine while sleeping.



Choose Proper Footwear

Wear supportive shoes to improve posture and reduce strain on the lower back.



Consider Over-the-Counter Pain Relief

Use NSAIDs or topical treatments for temporary relief.

Back Problems

Joacim Rocklöv



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