

Tips to Help Prevent Low Back Pain

Can low back pain be prevented?

7 Lifestyle Changes to Help Prevent Low Back Pain



Maintain a healthy weight and diet. Eat a nutritious diet with sufficient daily intake of calcium, phosphorus, and vitamin D to promote new bone growth.



Remain active. Consult your physician for a list of low-impact, age-appropriate exercises that are specifically targeted to strengthening lower back and abdominal muscles.

Quit smoking. Smoking reduces blood flow to the lower spine, which can contribute to spinal disc degeneration.



Use ergonomically designed furniture and equipment at home and work. Make sure work surfaces are at a comfortable height.



Wear comfortable, low-heeled shoes.



Sleep on a mattress of medium firmness to minimize any curve in your spine.



Lift objects properly. When lifting an object, lift with your knees, keep the object close to your body, and do not twist.

7 EXERCISES TO RELIEVE LOW BACK PAIN

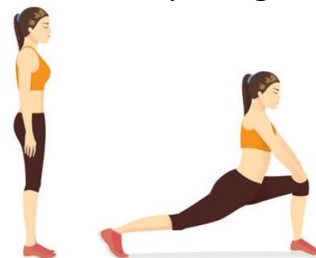
Bird Dog



Bridge



Deep Lung



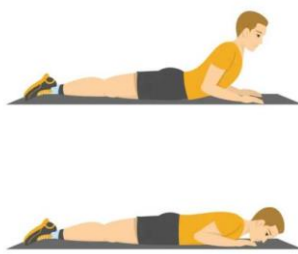
Plank



Cat-Cow Stretch



Back Extension



Swimming



Please consult your physician before starting any exercise program!



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