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Sciatica Stretches & Exercises



10 Changes You Can Make Today to Relieve Back Pain

According to the University of Maryland Medical Center, up to 80% of American adults will experience some form of pain in their back within their lifetime. In addition, back pain is the leading cause of doctor visits for Americans under 45 years old.

That's a lot of people and a lot of pain. Is there something you can do at home to help prevent and minimize back pain? Yes. Easing back pain can come in many different forms such as relieving stress, reducing strain and pressure, strengthening the muscles, and protecting the spine.

Check out our 10 tips that you can start as soon as today to help avoid and relieve back pain:

1

STRAIGHTEN UP

Having good posture is about much more than just looking proper.

Slouching or slumping your shoulders puts a lot of strain on your back. Always try to stand up straight.



2

MOVE AROUND AND STRETCH

Staying stagnant for too long or sitting in an awkward position can make you feel stiff and sore.

Sitting or standing, move around regularly. Walk around your office. Shake out your limbs. Keep muscles loose and blood flowing with a few simple stretches.



3

OPTIMIZE YOUR SLEEPING POSITION

The way you snooze has a big effect on your how you feel when you wake up. Keep your spine neutral (straight).

- Back Sleepers - pillow under your knees
- Side Sleepers - pillow between your knees
- Stomach Sleepers - your neck twists and stresses your spine; try getting comfortable in a different sleeping position

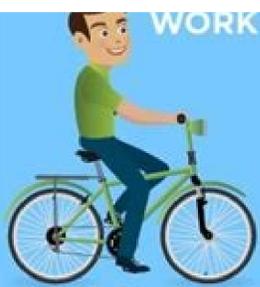


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WORK OUT YOUR CORE

Your torso muscles all work together. If your abdominal muscles are weak, other muscle groups—like the ones in the lower back—will have to pick up the slack.

Generally, it's best to keep an active lifestyle if you experience back pain. Moving around and doing gentle exercises like walking or riding a bike can keep your body fluid and help hold back pain off.



5

LIGHTEN YOUR LOAD

That laptop bag, backpack, gym bag, and suitcase could be doing a lot more harm than you think.

Keep as much weight as possible off your shoulders. Carry less and always opt for bags that evenly distribute weight across both shoulders.



6

RELAX

Your state of mind can have a big influence on the state of your body.

Try yoga, meditation, or deep breathing to clear your mind of stress and help loosen tension in your neck and shoulders.



7

SWITCH UP YOUR SHOES

Those thin ballet flats may be stylish, but they don't offer the optimal support for your back.

Consider shoes that are comfortable, flat, well-fitting, and that have good arch support.



8

MAKE YOUR DESK "BACK FRIENDLY"

Take regular breaks to walk around and stretch. Make sure your chair has good support for the lower back.

Have your monitors at eye level so you're not straining your neck looking up or down. Keep your legs uncrossed with your feet flat on the ground.



9

KEEP BONES STRONG

Strong bones can help prevent osteoporosis which is a common cause of back pain, especially in women.

Maintain a healthy diet rich in calcium and vitamin D found in foods like milk, cheese, leafy greens, egg yolks, and fatty fish.



10



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