



Back at it

Be well with better back health

Avoid lower back pain

Lower back pain can affect anyone. It can get in the way of living the life you love. But there's a lot you can do to help treat and prevent it. Learn how — for yourself and your health.

What can cause lower back pain?

Some known causes include:

- ✓ Lifting, reaching or twisting in incorrect ways
- ✓ Injury and strain or overuse of muscles
- ✓ Aging and illness
- ✓ Being overweight or physically inactive
- ✓ Compression fractures and herniated disc
- ✓ Any spine condition you may be born with
- ✓ Arthritis



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Tips for protecting your back

Most lower back pain can be improved by walking, strengthening your core, taking over-the-counter pain medicines and applying ice or heat. Follow these tips to protect your overall back health.

**Practice good posture.**

Align your ears, shoulders and hips each time you sit, stand or walk.

**Adjust your routine at work.**

If you sit for most of the day, get up and walk around often. Make sure your chair has good back support, too.

**Sleep on your side.**

This helps keep your spine aligned.

**Watch your weight.**

Excess weight can create back pain.

**Don't lift anything too heavy.**

If you must lift, have somebody help you. Lift safely by learning the proper way to do it.

**Do low-impact exercises.**

Walk, swim or ride a stationary bike.

When in doubt, walk it out. Walking is one of the best exercises for your lower back. Not only does it get your blood moving, but it helps your muscles stay strong.

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