

# 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.

# Low Back Pain Make It Stop With These Simple Secrets

**Orhan Pamuk**



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