

# HOW TO PREVENT LOW BACK PAIN

One of the best things you can do for low back pain is to strengthen and stretch on a regular basis. Here are four simple exercises that can be done just about anywhere.

## **1. HAMSTRING STRETCH**

While sitting at the edge of a chair, straighten one leg in front of the body with the heel on the floor. Then, sit up straight and try pushing your belly button towards the thigh without leaning the trunk of the body forwards. Hold this stretch for 30 seconds.

**Repeat 3 times for each leg.**

## **2. BRIDGE**

Lie flat on the floor on your back with the hands by your side and your knees bent. Your feet should be placed around shoulder width. Pushing mainly with your heels, lift your hips off the floor while keeping your back straight. Breathe out as you perform this part of the motion and hold at the top for a second.

**Perform 2 sets of 10 repetitions.**

## **3. COBRA POSE**

Lay prone on the ground with your hands underneath your shoulders. Lift your chest up off the ground by straightening your arms. Keep your pelvis and legs on the ground. Distribute the length of the backbend evenly through your spine. Only go up as high as you feel is comfortable. Hold the pose for up to 30 seconds. Inhale on the way up and exhale on the way back down.

**Repeat 3 times.**

## **4. PLANK**

Get down on your forearms and knees while on the floor. Push off the floor, raising up off your knees onto your toes and resting mainly on your elbows. Contract your abdominals to keep yourself up and prevent from raising your body off the ground. Keep your back flat and hold this for about 20-30 seconds.

**Repeat 1-2 times.**