

7 Tips & Tricks

to help with Lower back pain

The best 7 tips & tricks that our chiropractors are passing on to you to help you to manage your lower back pain!



1. Keep gently moving and exercising

Guidelines show that gently moving and exercising is one of the best ways to relieve muscle tension and pain - check out our lower back video



2. Use Ice and/or heat

Ice and/or heat (whichever you find more relieving!) applied to the area of pain on the lower back can help ease symptoms



3. Over the counter painkillers

Only to be taken when the pain is really bad! Only take the recommended allowance



4. Stretching the Lower back

Great way to release tension and ease symptoms. Simple knee tucks and prayer stretch are recommended

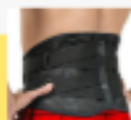
5. General posture

Keep a straight spine during simple tasks - small pressures all build up



6. Ditch the brace

While the brace can seem helpful - it actually weakens your lower back further - only wear during heavy lifting



7. Limit bed rest

Bed rest may feel great, but research has shown gently moving and doing everyday tasks is faster at relieving pain

