



ELEMENT

THERAPY SOLUTIONS

OVERCOME LOWER BACK PAIN

Element challenges you to take time to implement just one of these strategies a day for a week. Take a mental note on the strategies that seem to make the most immediate difference in how you feel and continue to add another one each day. Most of these strategies won't cost you anything but a couple minutes of your time. Just one of them could make a huge difference on your current pain levels and situation. You will be pleasantly surprised by how much better and healthier you will feel by doing so!

6 TIPS TO DECREASING PAIN

- **Keep Moving**

The most important thing you can do if you have low back pain is to continue to move and complete your normal daily activities and exercise.

- **Help Muscles Relax**

Pain can cause altered movement and bracing. When this bracing occurs for long periods of time the muscles and fascia can become tight and create trigger points. Take deep breaths to relax.

- **Avoid Sitting More Than 30 Minutes**

The human body was not made to sit. Try to mix up sitting for a half hour, standing for a half hour, and then walking for 10 minutes. Complete this cycle multiple times throughout the day.

- **Get Proper Sleep**

Do your best to get 7-8 hours of sleep throughout the night. When your body sleeps, your body recovers.

- **Walk**

Walking is a great way to strengthen up the low back musculature while releasing endorphins that decrease pain. Start by walking 5-10 minutes with a goal of working up to walking 30 minutes 5 days a week.

- **See A Physical Therapist**

Physical therapy is the most effective, most conservative, most cost-efficient treatment, and best first choice for back pain without side effects.



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Contact Us:



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