

Say “Hello” to Some Solutions to Low Back Pain

Managing your low back pain is easier than you think. Here’s how.

If you’ve been experiencing pain for less than three weeks:

Rest up:

No, you shouldn’t stay in bed all day — but you should definitely take it easy.

Heat or ice:

Use whichever feels better for you.

Sit up straight:

Do what grandma always told you — practice good posture.

Stretch it out:

Try some gentle, simple exercises and stretches.

Pain relievers:

Consider using over-the-counter pain relievers (but talk to your doctor first).



For more helpful tips on how to treat low back pain, visit wehaveyourbackblueshield.com or scan the QR code.

