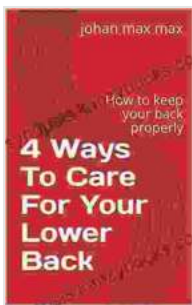


# How to Keep Your Back Properly: A Comprehensive Guide

Back pain is a common problem that can affect people of all ages. It can be caused by a variety of factors, including poor posture, muscle strain, and injury. While there are many things you can do to relieve back pain, it is important to take steps to prevent it from occurring in the first place.



## 4 Ways To Care For Your Lower Back : How to keep your back properly by Jim McGregor

★★★★☆ 4.2 out of 5

Language : English  
File size : 820 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 3 pages



This article will provide you with a comprehensive guide on how to keep your back properly and avoid pain.

## Posture

One of the most important things you can do to keep your back properly is to maintain good posture. This means sitting, standing, and walking in a way that keeps your spine aligned.

Here are some tips for maintaining good posture:

- Sit up straight with your shoulders back and your head held high.
- Your feet should be flat on the floor and your knees should be bent at a 90-degree angle.
- When standing, distribute your weight evenly on both feet and keep your spine straight.
- Avoid slouching or hunching over.
- Use a lumbar support pillow when sitting for long periods of time.

## **Muscle Strength**

Another important factor in preventing back pain is to have strong back muscles. Strong back muscles help to support your spine and keep it in alignment.

Here are some exercises that you can do to strengthen your back muscles:

- Back extensions
- Supermans
- Bird dogs
- Planks
- Rows
- Pull-ups

## **Flexibility**

In addition to strength, flexibility is also important for back health. Tight muscles can pull on your spine and cause pain.

Here are some stretches that you can do to improve your flexibility:

- Hamstring stretch
- Quad stretch
- Calf stretch
- Piriformis stretch
- Lower back stretch
- Upper back stretch

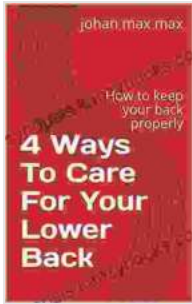
### **Other Prevention Tips**

In addition to the tips above, there are a few other things you can do to prevent back pain:

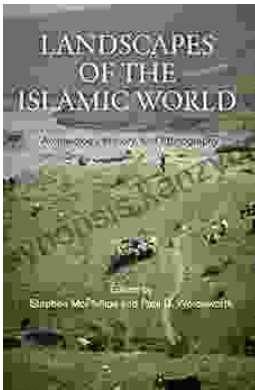
- Maintain a healthy weight.
- Avoid smoking.
- Get regular exercise.
- Use good body mechanics when lifting objects.
- Sleep on a firm mattress.

Following the tips in this article can help you to keep your back properly and avoid pain. If you do experience back pain, talk to your doctor to rule out any underlying medical conditions and to get treatment recommendations.

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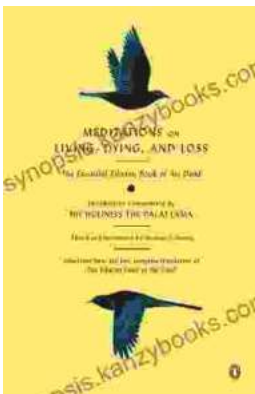


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