

SUBJECT LINE: Strengthening Tips to Ease Low Back Pain

PREVIEW TEXT: Join our Independent Health Wellness Team for some back exercises you can do from home.



Strengthening Tips to Help Alleviate Back Pain

One of the most common reasons people see a doctor or miss work is due to **low back pain**. Unfortunately, chances of this happening increase as we age or become more sedentary. Sitting for long periods of time shuts down our entire posterior chain (glutes, hamstrings, deep core muscles).

The lower back is involved in most of the activities we routinely do every day. Strengthening your glutes and core is one of the most important things you can do to prevent low back pain.

When our glutes aren't firing properly or they aren't strong enough to support activity, our low back muscles begin to compensate which can lead to pain. When low back pain persists, this can limit activities and affect quality of life.

Most Low Back Pain is Treatable and Preventable

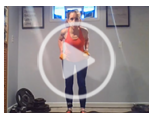
- Do 30 minutes of aerobic exercise 5x per week (walking is recommended).
- Avoid sitting for long periods of time.
- Engage in glute and core strength training exercises at least 2x per week to build the posterior chain muscles.
- Keep your BMI within a healthy range.

Preventing and Managing Low Back Pain

Our wellness experts have created Work Out From Home Videos to help you strengthen those glutes, hamstrings and core muscles.

- Before starting any exercise program or engaging in new physical activity, we recommend that you first speak with your doctor.

When combined with a healthy lifestyle and good nutrition, the movements and exercises in the videos below have been shown to help prevent or alleviate back pain. Click on each course title to view:



Posterior Chain Workout #1 with Weights

Deadlifts, rows, wood chops and planks using weights or weighted items to work your entire backside.



Posterior Chain Workout #2

Using only your bodyweight, work your upper and lower back, along with your glutes and hamstrings. A yoga/floor mat is recommended.



Upper Body Mobility & Stretch

Incorporating a few simple movements into your daily routine can help to alleviate tightness in the upper back and neck. A yoga/floor mat or towel is recommended.

Plus, check out additional videos available through Healthwise on our website, including:

- [Low Back Pain: Keep Moving](#)
- [Low Back Pain: Keeping It From Coming Back](#)
- [Low Back Pain: Is It Time To Try Something New?](#)



Did you know you can save 20% on massage therapy through our Wellness Discounts program? Check out all the [discounts and participating community partners!](#)

Questions? We can help.

Contact the Independent Health Wellness Department at wellness@independenthealth.com.



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