

LOWER BACK *STRETCHES & EXERCISES*

Lower back pain is the most common injury experienced world-wide. Here are a few stretches and exercises to help prevent and manage low back pain:

Stop if you feel any pain while performing these exercises. If you have a history of back surgery, injury, or serious pain, **discuss with your doctor before attempting these exercises.** Always have your back pain assessed by a health professional.

STRETCHES

CHILD'S POSE



SPINAL TWIST



COBRA



EXERCISES

CAT-COW



BIRD-DOG



HIP BRIDGE



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