

# lower back

Low back pain affects nearly everyone at some stage of active adult life and is one of the most common ailments. Much has to do with excessive amounts of sitting and not regularly stretching. Treat yourself to some back pain relief by doing these exercises daily.

Helps reduce lower back pain, tension and soreness

**1**  **10** bottom to heels stretch

**2**  **10** opposite arm / leg raises

**3**  **10** back extensions

**4**  **10** bridges

**5**  **10** knee rolls

IN COLLABORATION WITH **NHS** choices