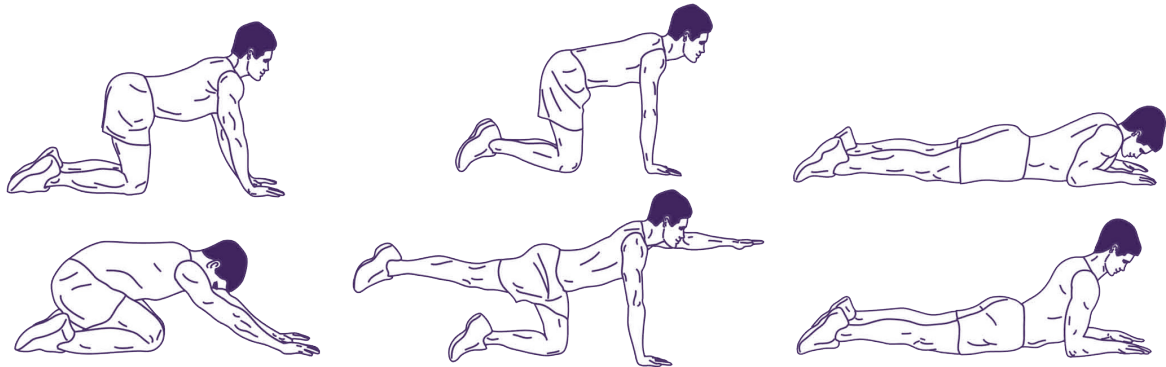


Back Pain

Back pain can be caused by a number of different factors. Whatever the cause, exercise and keeping to a healthy weight can reduce symptoms.

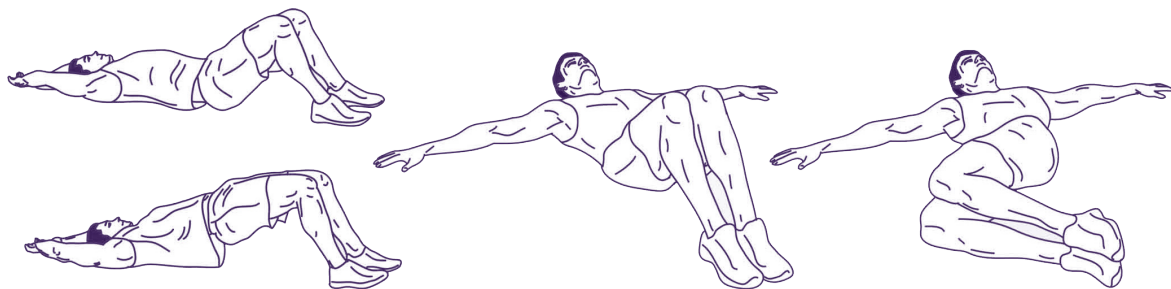
You can take painkillers to ease pain. Taking them before exercise can help you stay active without causing extra pain. Try the exercises suggested below to help ease pain and prevent future symptoms.



10 Bottom to heels stretch

10 Opposite arm/leg raises

10 Back extensions



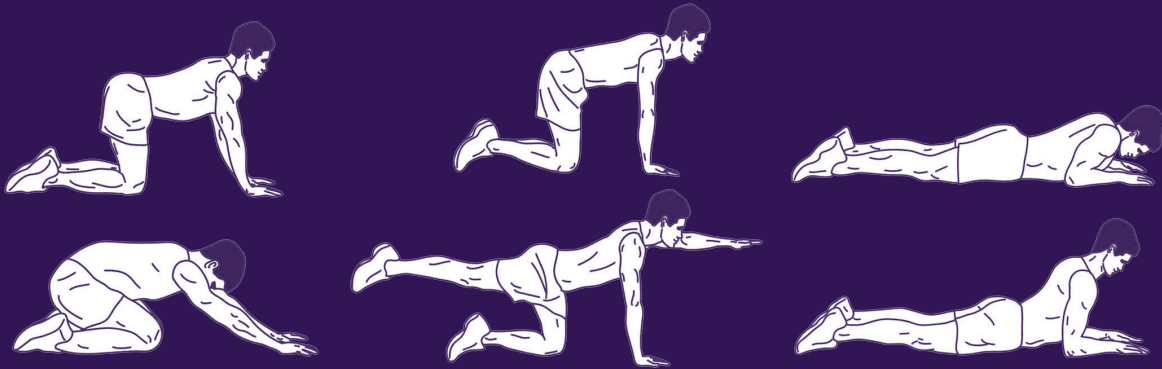
10 Bridges

10 Knee rolls

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