



#BACKPAIN

If back pain persists after a few days, visit a qualified manipulative therapist such as an osteopath, chiropractor or a physiotherapist.



PREVENTATIVE MEASURES.

Always aim to keep the normal S-shape of your spine and take care when lifting objects - heavy or light!



REDUCE PAIN.

Gentle exercise will strengthen your back. When sitting keep both feet on the ground and sit straight.



POSTURE CHECK.

Good posture goes hand in hand with good back care. Don't slump or slouch!



EXERCISE

There are lots of simple exercises you can do to reduce tension in your spine – at home and at work. Get in touch with one of our Wellness Coaches pt@healthoutfit.co.uk for help.