

# Back Care

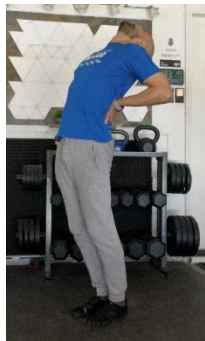
## Build a Strong and Healthy Spine

Sitting, poor posture, and sedentary behavior can lead to back pain and discomfort. Below are simple and effective stretches you can perform anywhere, anytime.

**Please consult a physician before starting an exercise program.**

### Standing Stretches

#### Back Bend



Place hands on your lower back. Take a deep breath and arch your spine while looking back. Hold for 5 seconds and repeat for 5 reps.

#### Straight Legged Deadlift



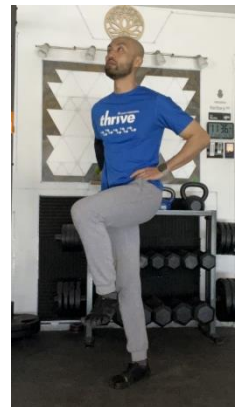
Place your hands on your hips and push your hips back while keeping your spine straight. Stand up tall and repeat for 8 repetitions.

#### Hamstring Stretch



Step your right foot out and keep your right knee locked. Push your hips back and reach for your toe. Hold for 30 seconds and switch to the other side.

#### Knee Raises



While standing up tall, bring your left knee up parallel to the ground. Keep your chest lifted and repeat on right and left for 10 repetitions.

## Sitting Stretches

### Seated Spinal Twist



Place your hand on your knee and the other hand on the side of your chair. Twist and look over your shoulder and hold for 10 seconds then repeat on the other side.

### Seated Forward Fold



Grab your elbows under your thighs and pull your chest down. Tuck your chin in and round the spine to stretch your back.

### Seated Straight Legged Deadlift



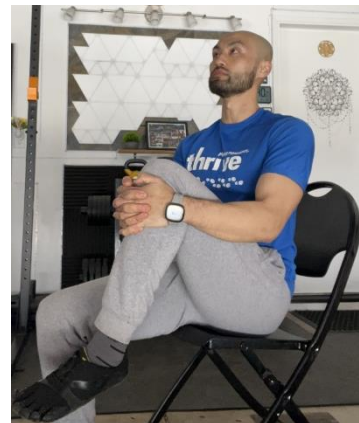
Place your hands on your hips. Fold the spine between your legs while keeping your spine upright and shoulder blades pulled back. Return back to starting and repeat for 10 repetitions.

### Seated Hip Opener



While sitting up tall, place your right ankle on your left knee. Place your hand on your knee and foot and gently press down. Lean forward to deepen into the stretch. Hold for 30 seconds and repeat on the other side.

### Seated Hip Stretch



Pull your knee to your chest and sit as tall as you can. Hold for 30 seconds and repeat on both sides.