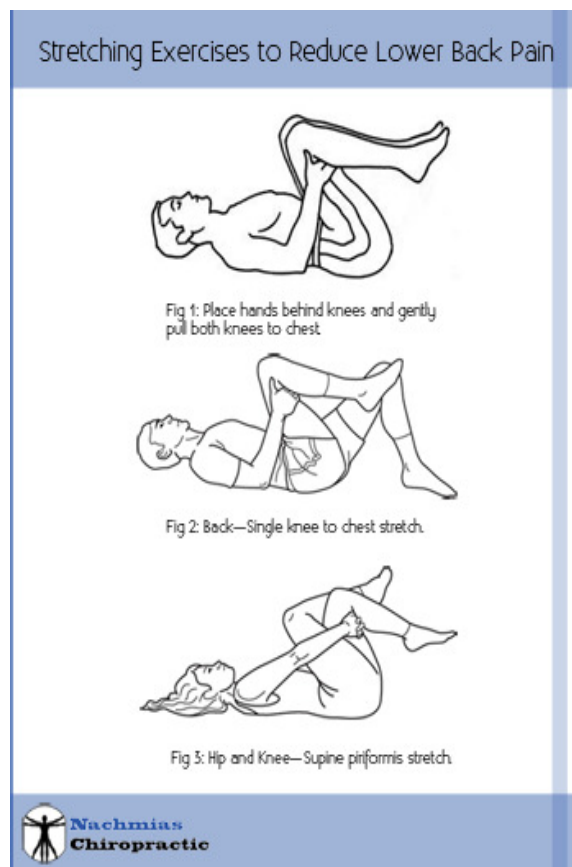


Stretching Exercises to Reduce Lower Back Pain

Almost everyone can benefit from stretching the soft tissues - the muscles, ligaments and tendons - in the back, legs, buttock, and around the spine.

The spinal column and its contiguous muscles, ligaments, and tendons are all designed to move, and limitations in this motion can make back pain worse.

Patients with ongoing back pain may find that it takes weeks or months of stretching and other back exercises to mobilize the spine and soft tissues, but will find that meaningful and sustained relief of back pain will usually follow the increase in motion. Here we present 3 stretching exercises to help reduce lower back pain:



Don't give up on stretching if you don't get instant pain relief. It might take a while, but it's well worth the consistency. Stretching will not only reduce pain, but you will also feel much easier movement in your body. Between daily stretching exercises, we also recommend you to go and see Dr. Adam Nachmias at Nachmias Chiropractic for more instant pain relief!

Book your appointment now, why suffer another day?

Call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online here:

<http://calldradam.com/contact/book-online/>

**Welcome to feel totally refreshed and pain free with the help of
Nachmias Chiropractic!**