

Tips to Help Prevent Low Back Pain

Can low back pain be prevented?

7 Lifestyle Changes to Help Prevent Low Back Pain



Maintain a healthy weight and diet. Eat a nutritious diet with sufficient daily intake of calcium, phosphorus, and vitamin D to promote new bone growth.



Remain active. Consult your physician for a list of low-impact, age-appropriate exercises that are specifically targeted to strengthening lower back and abdominal muscles.

Quit smoking. Smoking reduces blood flow to the lower spine, which can contribute to spinal disc degeneration.



Use ergonomically designed furniture and equipment at home and work. Make sure work surfaces are at a comfortable height.



Wear comfortable, low-heeled shoes.



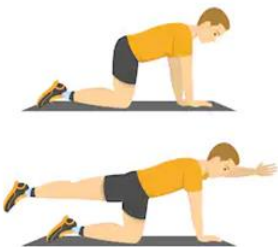
Sleep on a mattress of medium firmness to minimize any curve in your spine.



Lift objects properly. When lifting an object, lift with your knees, keep the object close to your body, and do not twist.

7 EXERCISES TO RELIEVE LOW BACK PAIN

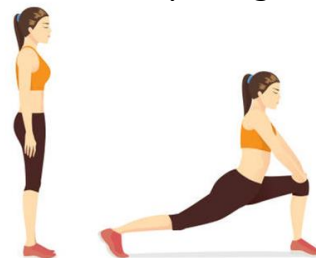
Bird Dog



Bridge



Deep Lung



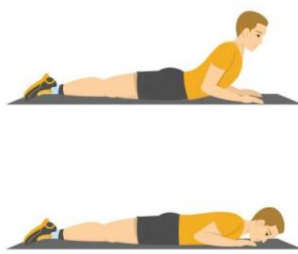
Plank



Cat-Cow Stretch



Back Extension



Swimming



Please consult your physician before starting any exercise program!



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七招預防和緩解腰痛

「腰痛」可以預防嗎？

7 個改變生活方式預防腰痛的方法



維持健康體重和飲食

- 飲食要注意營養充足，每天攝入足夠的鈣，磷和維生素D可促進新的骨骼生長。



保持活躍 - 向您的醫生諮詢一套低強度，年齡合適的運動。這些運動需要專門針對增強腰部和腹部肌肉。

戒煙 - 吸煙會使流向脊柱的血液減少，這很可能導致椎間盤退化。



在家中和工作時使用符合人體工程學的家具和設備

- 確保工作台處於合適的高度。



穿著舒適低跟鞋



睡在中等硬度的床墊上 - 以最大程度地減少脊柱彎曲。



正確提起物體 - 提起時，盡可能使物體靠近身體，利用膝蓋順勢抬起物體，並且保持身體挺直。

學會這7個動作，幫您緩解腰痛

跪姿撐體



拱橋運動



髂腰肌拉伸



平板支撐



貓式/牛式伸展



背部伸展



游泳



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