If you suffer from lower back pain, there are many ways to reduce your pain at home. Talk to your doctor about these simple home treatments.

**HOME REMEDIES**

**GOOD POSTURE**

- X Incorrect posture
- ✔️ Correct posture

**RELAXATION**

-ассоциация

**LOW IMPACT EXERCISE**

**MASSAGE**

**HEAT AND ICE PACKS**

**STRETCHING EXERCISES**

**SUPPORTIVE MATTRESS**

(and good sleep habits)

**INCREASED CALCIUM INTAKE**

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SOURCES:
https://healthofback.com/how-big-problem-is-lower-back-pain-for-people/

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