

HOME REMEDIES

to help with lower back pain



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.

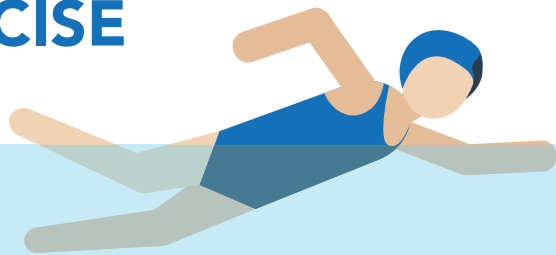
GOOD POSTURE



RELAXATION



LOW IMPACT EXERCISE



MASSAGE



HEAT AND ICE PACKS



STRETCHING EXERCISES



SUPPORTIVE MATTRESS

(and good sleep habits)



INCREASED CALCIUM INTAKE



Federal Employee Program

SOURCES:
<https://www.epainassist.com/images/Home-Remedies-for-Back-Pain-B.jpg>
<https://healthofback.com/how-big-problem-is-lower-back-pain-for-people/>

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