

# Limit lower back pain

## Lighten your load

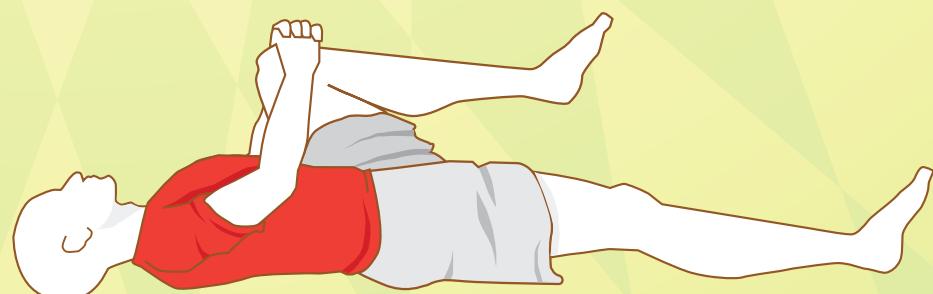
Do not carry every book and item you need everywhere you go. Try to keep bags as light as possible and use the extra support straps that are included. These will help disperse forces throughout your body rather than limit them to the shoulders.

## Posture is key

Walk upright, with shoulders comfortably pulled back and your chest lifted, chin up, and core muscles tight. This will maximize the natural curvature of your spine to allow a healthy transition of forces while you move.

## Stretch your tight “sit muscles”

Low back pain can often be a direct indication of tight hamstring and hip flexor muscles. Periodic stretching will help maintain healthy muscle length. This prevents excessive muscle tightness and decreases tension in the body. Take regular breaks to move. Reach down toward your toes to stretch your hamstrings. Lift your heel toward your gluteal muscles to stretch the quadriceps and hip flexors.



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