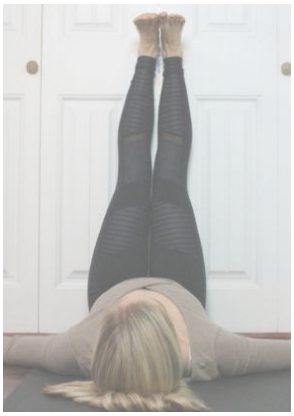
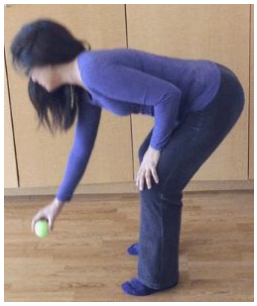
Dr. Andrew Morris *Orthopaedics and Sports Medicine* www.AndrewMorrisMD.com

My philosophy on back pain treatment and prevention:



1) Increase flexibility, primarily hamstrings and spine specific stretches. Wall stretch is best place to start followed by stretches in chair.
https://www.wikihow.com/Do-a-Wall-Hamstring-Stretch
Move into basic yoga if want more challenge.

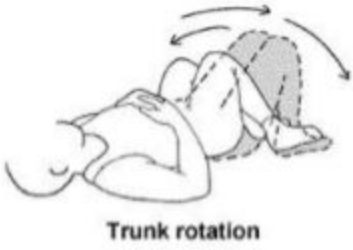


2) modify how you are picking things up, read hip hinging article https://n.pr/2Gzd6hg



3) work on strengthening <u>core, paraspinals, and glutes</u> to also offload spine.







<u>Planks</u> (Core)

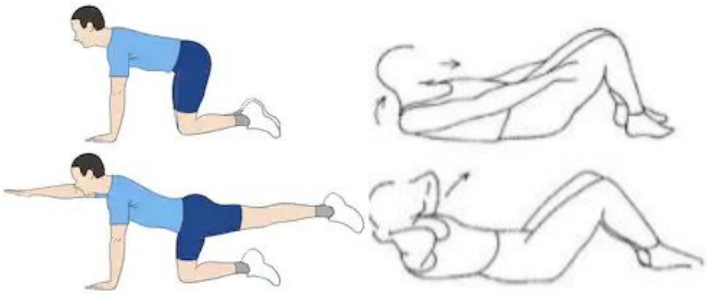




<u>Swimming flutters</u> (spine and glutes)



<u>Bird Dog Exercise**</u> **(spine and glutes)** **



<u>Crunches</u> (abs)

4) Daily anti inflammatory for a 1-2 weeks at a time during back pain and arthritis flare-ups.
Caution with: Crohn's disease or ulcerative colitis, GERD, heart disease, kidney disease, liver damage, ulcers, stomach gastritis or stomach bleeding.