5 EASY STRETCHES FOR BACK & NECK PAIN PREVENTION

1. CHILD’S POSE
Connect your knees to the floor, spread them wide, and sit back on your feet. Reach forward with both hands to stretch your hands as far as you comfortably can. Feel the stretch in your upper and lower back as you keep a neutral neck and keep hands extended for 30 seconds.

2. HIP CROSSOVER STRETCH
Sit on a chair. Cross your one ankle over the opposite knee, keeping the leg parallel to the floor, and the ankle squared near the bend of the knee. Keeping your core tight, lean slightly over at the hips and feel the stretch in the right hip and glute of the crossed leg. Hold for 30 seconds, then switch legs.

3. HAMSTRING STRETCH
Lay on the floor. Wrap a strap, towel, or shirt over the bottom of one foot. Keeping the opposite leg flat or bent, slowly extend the leg with the wrap upward. Feel the hamstring stretch and slowly continue to extend until nearly straight, or as far as you can go without pain. Hold the stretch for 30 seconds, then switch legs.

4. CHOOSE HEALTHY HABITS
Having a balanced diet, getting enough sleep, staying hydrated, and avoiding nicotine are all ways you can help keep your bones healthy.

5. WEAR THE RIGHT SHOES
Every body is different, so ensure your shoes provide the right support for your body. Specialty shoe stores exist to fit and test your feet for the best shoes. Avoid high heels and take breaks to sit when you can.

The National Spine Health Foundation is a nonprofit organization dedicated to improving spinal health care through education, research, and patient advocacy. We educate Americans about the treatment and prevention of neck and back disorders. We prove what works, drive innovation, and support patients on their journey to spinal health.