Ways to keep back pain away

**Lift the right way**
Always lift objects from a squatting position. Use your hips and your legs to do the heavy work.

Avoid lifting, twisting and bending at the same time.

**Exercise, exercise, exercise**
Do stretches before you begin any exercise routine.
Practice abdominal crunches. They strengthen the muscles that support your lower back.
Walk or swim regularly to strengthen your lower back.

**Zzzzzzzzzzzzzzzzzzzzzzzz**
Put a pillow between your legs if you sleep on your side.
Put a pillow underneath your knees if you sleep on your back.
This helps lessen the stress on your spine and makes you more comfortable.

**At home or at work**
Avoid sitting or standing for long periods.
Wear soft-soled shoes and heels less than 1½ inches high.

**No slouching**
Your mother was right — stand up straight.
When you stoop or slouch, your muscles and ligaments struggle to keep you balanced — and that can lead to back pain.

**Healthy habits help**
Stay within 10 pounds of the weight your doctor recommends. It will avoid strain on your back muscles.
Quit tobacco. If you use nicotine products, this can restrict the flow of blood to your spine. And that can lead to back pain.

**And don’t delay.** See your doctor right away for back pain if you have also had:
- Fever
- Numbness or tingling
- Trauma — such as a fall or car accident

Source: Content from Aetna Inc.

**Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).**

This message is for informational purposes only, is not medical advice and is not intended to be a substitute for proper medical care provided by a physician. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).