



5 Simple Remedies for back pain

1. Practice good posture

Read my blog '**How** to improve your **posture**' to find out how you can change your posture when sitting, standing, walking or driving. Even how you sleep can affect your posture.

2. Take hot baths

Hot baths will help to increase the muscle temperature and relax any tension in the muscles, joints and soft tissues. Heat pads will have the same affect.

3. Avoid sitting for too long

Sitting in unnatural positions can cause muscle imbalance, making you use some muscles all day, but weakening others. We are not designed to sit for long periods, so take regular breaks, and stretch, walk around, or simply stand for a few minutes to relieve the tension.

4. Walk with a straight back

Focus on walking with a straight back. Keep your head held high, shoulders back and relaxed, and bounce on your calves to take the pressure away from the spine. Imagine you are balancing a book on your head.

5. Exercise, workouts like swimming

Swimming is great as the water supports the spine, leaving little impact on the spinal structure. The support of the water is also good at relieving all stress on the joints in the body. Even simply walking from side to side in the at least waist deep may also be beneficial.

