

## Are you experiencing **Lower Back Pain?**

**Symptoms:** pain and/or discomfort in the lower back region

Deskercize Solutions:

1. If using an adjustable chair, position the backrest so the lower back is supported. If using a non-adjustable chair, then consider the use of a Back and Seat Cushion for support as needed.

**DO THE TWIST** - Sit erect in a stationary chair with both feet flat on the floor. Look straight ahead. Slowly tilt your torso to the right as you reach around behind yourself with your right hand. Grasp the top right corner of your chair with your right hand. Complete the stretch by moving your left hand as close as possible to your right hand. Stretch as far as you can and hold it for 15 seconds. Repeat four to six times, twisting left and right, aiming to turn the body a little farther each time.

