



WATCH YOUR BACK

If you suffer from back pain, you're not alone. Eighty percent of Americans will experience it at some point in their lives, and 20 percent will suffer from chronic back pain.

Whether you already have back pain or want to prevent it, you should try these lifestyle changes. Taking one or all of these healthy steps can reduce your risk of injury—and make you feel better!

- **Get active.** Prolonged inactivity can increase your risk for low back pain. Low-impact exercises such as walking, swimming, and biking can increase your muscle strength and flexibility. Ideally, you should try to do 30 minutes of exercise on five days a week.

If that's not possible, start with a few minutes a day, then gradually increase your activity level.

- **Watch your weight.** Carrying excess weight around your midsection can stress your lower back muscles. Eating a healthy diet can reduce your risk of gaining too much weight.
- **Quit smoking.** Smoking restricts blood flow to your lower back, which can contribute to degeneration of your spine.

This information is not a substitute for the routine care provided by your primary care provider. Talk with your doctor before making any changes in your diet, exercise, or medication management.

If you are a UPMC Health Plan member, you can contact a health coach for free to learn more about low back pain:

- Call 1-800-807-0751 (TTY: 711).
- Visit upmchp.us/MSK.

UPMC HEALTH PLAN

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Translation services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228（TTY：711）。