



Love your Back, It's got yours

Top tips to prevent back pain:

**Make sure you're using the right technique
when bending and lifting!**

**Avoid too much rest - sitting and lying for a
prolonged amount of time can cause stiffness.**

**Exercise and activity can help your back
muscles - have you tried walking, cycling or
swimming?**

**Getting a good amount of good quality sleep will
help maintain your back health**



Scan the QR code
for more
information on
looking after your
back

**If you're struggling, get in touch and book an
appointment with the James Hall Medical Team today!**

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