

Stretches and exercises to help prevent back pain -

BEFORE YOU BEGIN USING THE EXERCISES, be aware that these stretches are generalized and may not be a personal fit for you to use. Please consult a physician if you are experiencing pain prior to using these exercises. While one of our physicians has looked over and approved this video, seeking care from a physician and physical therapist is recommended in order to receive personalized care for your ailments.

Instructions:

Watch the video and follow the instructions given by the Rocky Vista Medical Students. Directions are given in the video for each stretch and exercise. Repeat at least twice.

Take a picture of yourself trying the exercises and post it to Instagram or Facebook with the hashtag #RVUSUFallHealthFair to be entered into the prize drawings!

