Visit **healthpartners.com/backhealth**   
for more information. Go to *Back exercises* to see three quick exercises that’ll help you stretch your back and feel better, faster.

**Don’t let back pain knock you off your feet**

Back pain is common. But you can help prevent it.

Back pain is a common complaint. But the good news is, good posture and proper sleeping position can help.

Try these tips next time you have back pain:

* **Change positions frequently.** Stretch when sitting or standing for long periods of time.
* **Sit smarter.** Use a chair with enough lower back support. Try to limit how much sitting you do in a day. Schedule time throughout the day to stand up and stretch.
* **Sleep better.** Choose a sleeping position that reduces stress on your back. Use pillows under your knees for added support.
* **Stress less.** Back pain can get worse if you’re tense and stressed. Learning to manage your stress can help you recover quicker.
* **Exercise.** Stay active. Aim to walk every day and mix up your routine.
* **Change up your routines.** Use a printer that’s farther away. Walk to a restroom on a different floor.