

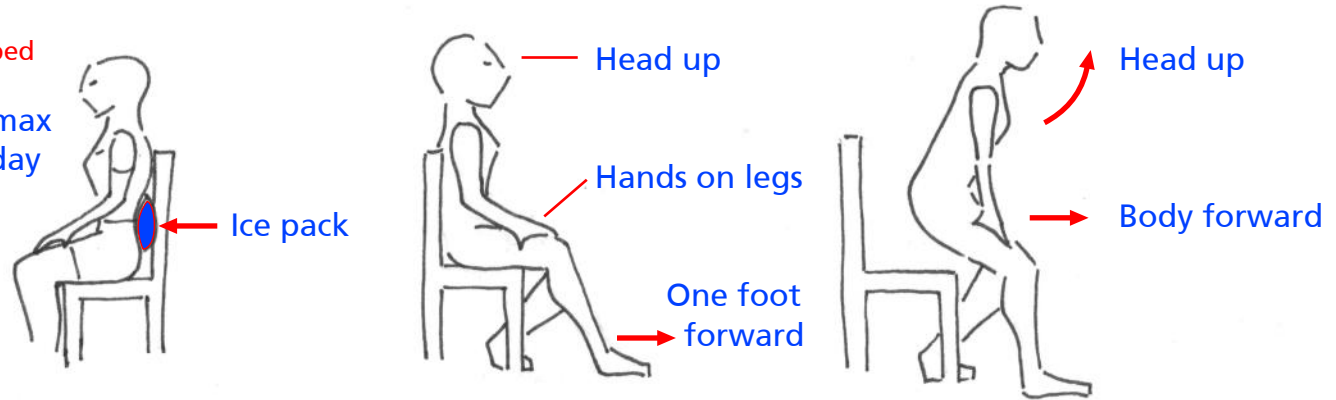
## First Aid for Low Back Pain

How to get up from sitting - **At all times pull stomach muscles in**

### ICE:

Ice pack wrapped  
in tea towel

10 minutes max  
2-3 times a day



How to get out of bed - **At all times pull stomach muscles in**

