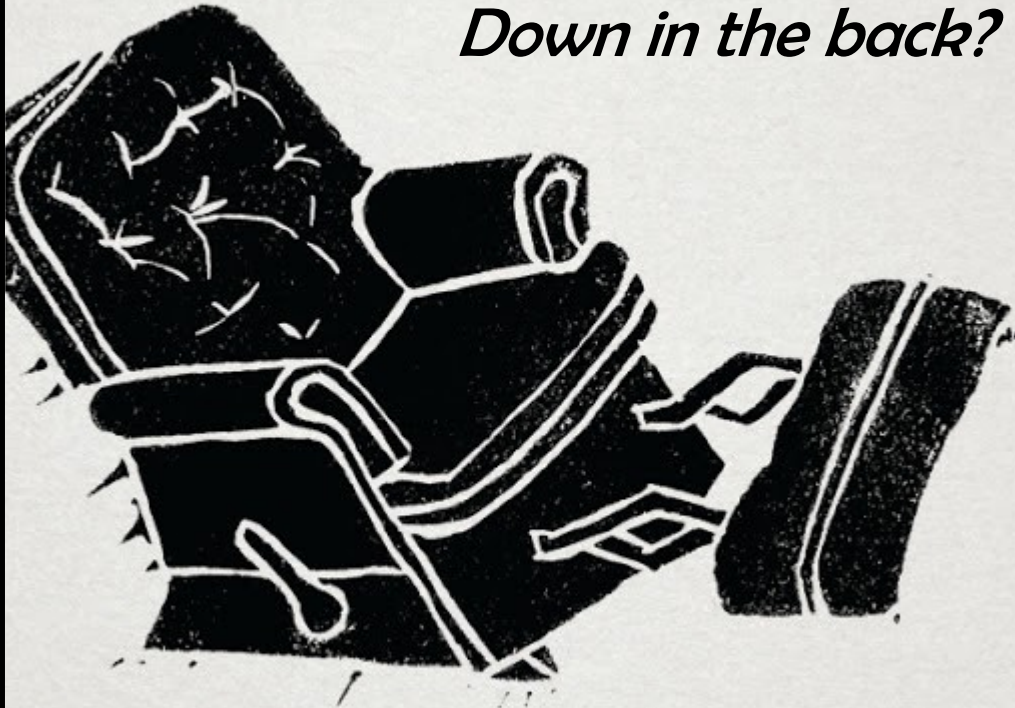


Has so much sitting gotten you down?

Down in the back?



Back pain from sitting is common and can be caused by many different issues.

But do not despair!

Once you identify what may be causing your back pain, find relief with stretched and strengthening exercises that are appropriate for you.

[Check out this links to find relief from back pain.](#)

[Causes of Low Back Pain](#)

[Lumbar Spinal Stenosis](#)

[Degenerative Disc Disease](#)

[Herniated Disc](#)

[Muscle Strain](#)

[Sciatic](#)



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[Exercises to Relieve Back Pain](#)

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