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

**Exercises to Relieve Back Pain**

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