

## **WHAT CAN YOU DO WHEN YOUR BACK HURTS**



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Editor's Note: Today's post is written by Betsy Schack, OTR/L. Betsy is an occupational/hand therapist at Athletico Skokie and Athletico Park Ridge. Does it seem like you can't get through the day without having pain in your elbow?

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Earlier this week, I wrote about what you should do when a crown falls off.. Today, I will discuss what you should do when you lose a filling. Losing a filling from your tooth can be quite a traumatic event, especially if it comes out while you re eating and you accidentally bite down on it.

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This will help the tenderness and pain you get in your lower back before and during your period due to inflammation. Here's how to do it: 1. Lie on your back with your legs bent and feet firmly

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One of the BEST things you can do for your body is to: S-T-R-E-T-C-H! While we sleep, our bodies move into and out of many different positions. But who knows how long it stays that way?..

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