



Sharon Lombardi Releases Video On How To Ease Lower Back Pain

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Back pain has been a major cause of reduced productivity in different industries. A big part of the reason most people seek medical leaves is lower back pain. Sharon Lombardi, an Instagram fitness trainer and a professional personal trainer has recently released video containing tips one can use to reduce lower back pain.

In the instagram fitness video, the health and fitness expert said, "How to Ease Your Lower Back Pain. I have been suffering with lower back pain ever since I was 18 yrs old (so for over 13 years). Years of running competitively put a lot of miles on my back till the point where I had to stop running because my lower back hurt so bad. I actually have a slipped disc in my spine that caused numbness in my hips and feet as well. I was seriously considering back surgery because I had tried everything. Stretching, yoga, massage, chiropractic, acupuncture, lower back strengthening exercises, feldenkrais, everything! Finally my husband suggested I try this simple core workout. After several weeks of consistency I realized the pain was gone. Sometimes working at the direct location of the pain is incorrect. Sometimes there is an imbalance and you must work the opposing muscle group to properly align your body. I hope some of you with nagging lower back pain try this. I hope it helps!?"

Following her on social media opens doors to multiple tips on health and fitness.

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