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Four Great Back Pain Stretches To Lessen Lower Back Pain!

<https://www.youtube.com/watch?v=1Oj1z9O6gvI>

There are excellent and not-good exercises for low back relief. Exercise is important for mid-lower. There are specific low back pain exercises and easy moves to eliminate your soreness including exercises for lumbar spinal stenosis. We will show many for you including the hip flexion therapy for upper back pain relief.

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