



## How Can I Avoid Overstretching My Lower Back?



Lower back pain affects almost everyone at some point in their lives. In addition to degenerative disc disease and nerve disorders, one of the most common causes of lower back pain is overexertion. To avoid stretching or pulling your back, which can lead to severe low back pain and limited mobility, we've gathered some helpful tips from board-certified physician Dr. Matthew Kohler and the expert team at Ospina Medical in New York, NY. In this blog, we'll also take a look at what treatment options you have if you do find yourself with a pulled or painful lower back.

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